

Hen. VIII. p. 57



TO THE RYGH^T HO^N
 NORABLE THOMAS LORDE CRUM^E
 well Lorde pryue Seale, Thomas Clyn^t
 knyght wyllyeth longe
 lyfe in honour.



E GYVETH TVVYSE THAT

gyueth quykely (sayth Senek).
 the grieve, whiche I had for your
 lordeshippes displease, with the de-
 spyre that ye mought lyue longe,
 without synkenesse, caused suche

Bis dat,
 qui cho
 dat.

spede in buyldinge the Castell of helth, that ther-
 in lacked some parte of perfection, but yet the
 promptnesse in groupnge that thinge, whiche I
 thought necessarpe, to declare myne affection, I
 doubt not, was no lasse esteemed of your good
 lordeshipp, than afoze is reherled. Notwithstan-
 ding whan I had estones perused that lytle for-
 tresse, and founde here and there some thinge that
 lacked, I toke my penne in the steede of a truell, &
 amended the faultes, and added somewhat moze,
 where I thought it conuenient: And yet per-
 chaunce some thinges mought happen to escape,
 which were as nedefull to be corrected: myne at-
 tendauce on the parlyament, I beyng a mem-
 bre of the lower house, withdrawinge frome me
 leysur conuenient, to synde in this warke all the
 faultes, which mought be amended. May it now
 lyke your good lordeshype to take in good part,

A. u. not

THE PROHEME.

not estiones the castell, which I already haue gyven you, but my good will and diligence in amendinge or reparynge the same, which is also printed in a moche better lettre, consyderynge that I no lasse do behold you continuely with myne eye of remembrance, than they which at dyner and souper do dayly loke on you, the cause I wyl not repete for suspicion of flaterye. frendeshyppe (as men saye) shoulde be requyted, but yet craue I none other thinge, but onely equall beneuolence, and sayth without any suspicion: whereunto actual demonstration is so moche requysite, that without it they both, seme to be drowned, sens amonge vs that be mortall, thinges are most iudged by outwarde tokens. And yet also in them men be sometyme deceyued, Hypocrits hauing in this worlde so great a preemynence: but in amitie is one rule, which seldome fayleth. He that lyueth moderately, dothe loue alwaye saythfully: for ouer him affections and passions haue lest authoritie: and he that standeth iuste in the myddell, standeth moste surely. Also in the worlde there is no moze folow, than to chese frendes of them, which do folow fortune, lyke as swyne do folow the mayden, which beareth on her hed a payle full of mylke. And yf the payle fal, or happen to be emptye, they wyl folowe no lengar. The moderate personne, where bothe authoritie and vertue be in his frende equall, because that vertue was the onely cause of his loue, that remaynyng, his mynde is in suche wyse therevnto toynded, that although

THE PROHME.

though the authoritie happen to slipp, yet that loue & vertue maye neuer be seuered. I haue spoken of frendshipp perchaunce moze than nedeth, but who wil not wyshe(yf it mought happen) to haue such a treasoꝛ, as neither the mountaynes of Ethiope, noꝛ the ryuers of Inde do conteyne in them, to be therto compared. Callimachus an auncient poete sayth, Durstace is dyedeful: Richesse is honoꝛable: but loue foꝛ surete is most incōparable. Who perceyueth herein moze thā your good loꝛdeshypp, whiche besydes the aboundaunt knowlege of histories & naturall wyt, also concernyng this matter in your owne sondꝝ experiences, I dare saye without flattery, are equall to any noble man lyuynge. Yet this my longe tale is not superfluous, which is tolde not to teach you, but only to renew your loꝛdshippes remembrance, which is not alway present, specially where the bꝛayn is choked with woꝛldly matters of wayghty importance. In such as I am, hauyng litle and litle to do, remembrance standeth moze at libertie, and therfoꝛe we maye moze often thynke on that, whiche we haue both herde and sene, and in chesinge frendes, be the moze circumspect. But lesse I shall make the name of frendeshypp tedious, by often rehersall, I now conclude, that I leue this litle warke a monument of che longe continued affectiō by me boꝛne toward your loꝛdeshypp, & a perpetual wytnesse, that I haue deserued, so moche of your fauoure, as in mutuall frendeshyppe is of rapson requyzed: whych maye be as easly payed, as it

THE PROMISE.

As graunted, yf in place, where it ought to be shew-
wed, ye doo not forget it, In the meane tyme I
shall praye to God to adde to your good
fortune and helthe, continuance,
with his grace and fauour,
wherin onely is most
perpet sure-
tie.



THE TABLE



IT MVSTE BE REMEMBRD,
that the number in the Table, dothe
signify the leaf, and the letter A, doth
signifie the fyrst page oꝝ syde, the let-
ter B, the seconde page oꝝ syde.

A Anered to thiges
naturall. fo. i. b.
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Ape. fo. xii. a.
Appuls. fo. xx. b.
Almondcs. fo. xxi. b.
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lxi. a.

B Loudde. fol. viii. a.
Beetis. xxiii. b.
Byzdes. xxix. a.
Bpayne excedynge in
heate. fol. iii. b.
Bpayne excedynge in
colde. ibidem.
Bpayn moist. ibid.
Bpayn dry. iii. a.

Bpayn hot & moist. ibi.
Bpayn hot & dry. ibid.
Bpayn cold & moist. iii. b.
Bpayn colde & dry. ibi.
Beanes. xxiii. b.
Breakfast. lxi. a.
Bloud suckers. lxi. a.
Bozage. xxi. a.
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Bustarde. xxi. a.
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things belögyng
to helthe. fol. i. a.
Cöplexion of man. ii. a.
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| Custome. | xxvi. b | Dampnyon of sondye | |
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| Chestnuttes. | xxi. b | sones. | lxxii. b |
| Capers. | xxii. a | Diete of cholerike per- | |
| Colewoytes and caba- | | sones. | lxxiii. a |
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| Cloues. | xxvii. b | be redy to fall into syk- | |
| Comps. | xxviii. b | nesse. | lxx. a |
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| chychens. | xxix. a | lence. | lxxviii. b |
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| Chefe. | xxxi. a | les. | liii. b |
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| ges. | xlx.a | Hart hote & moyſt. | ibid. |

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San-

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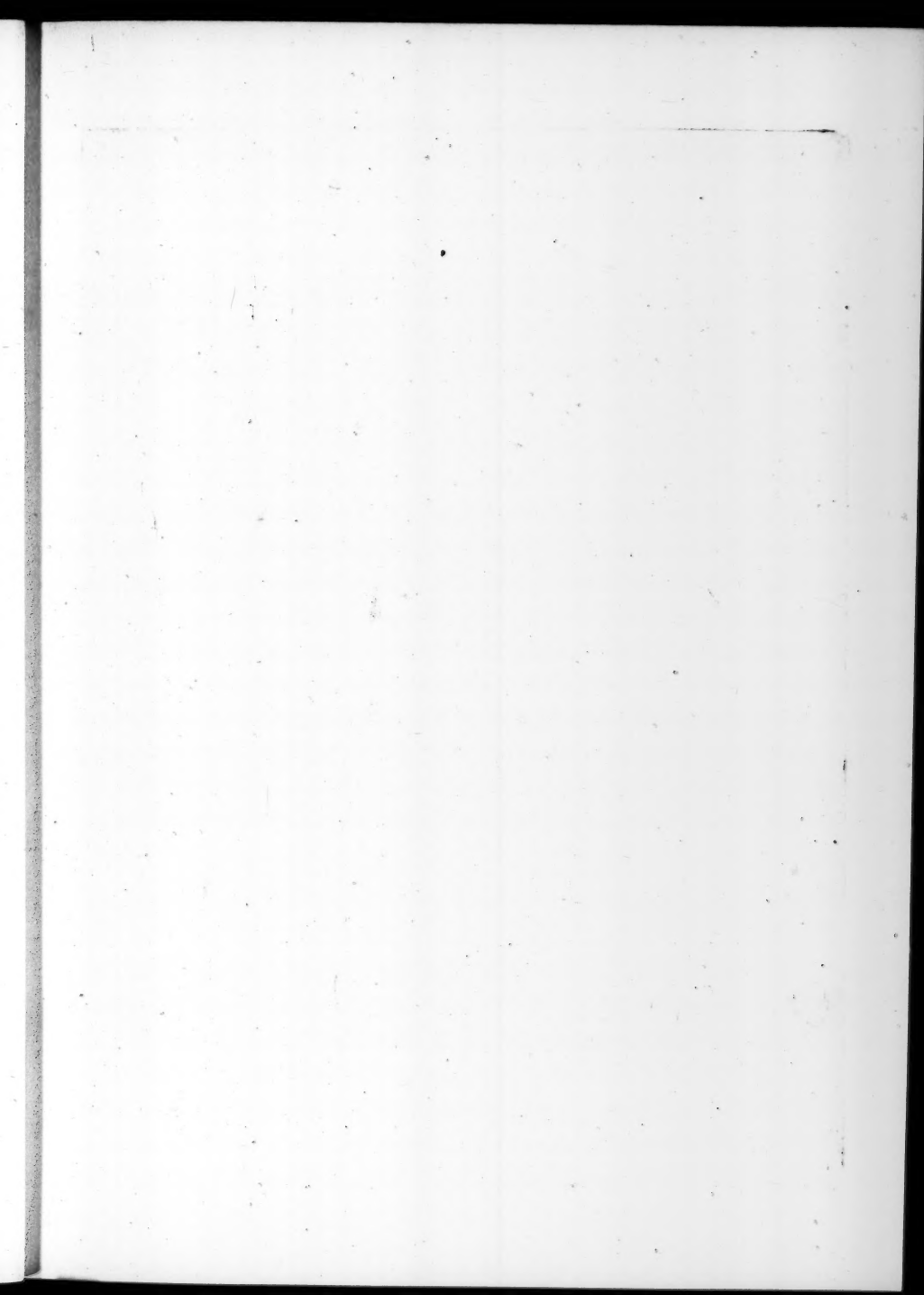
| S. | | C. |
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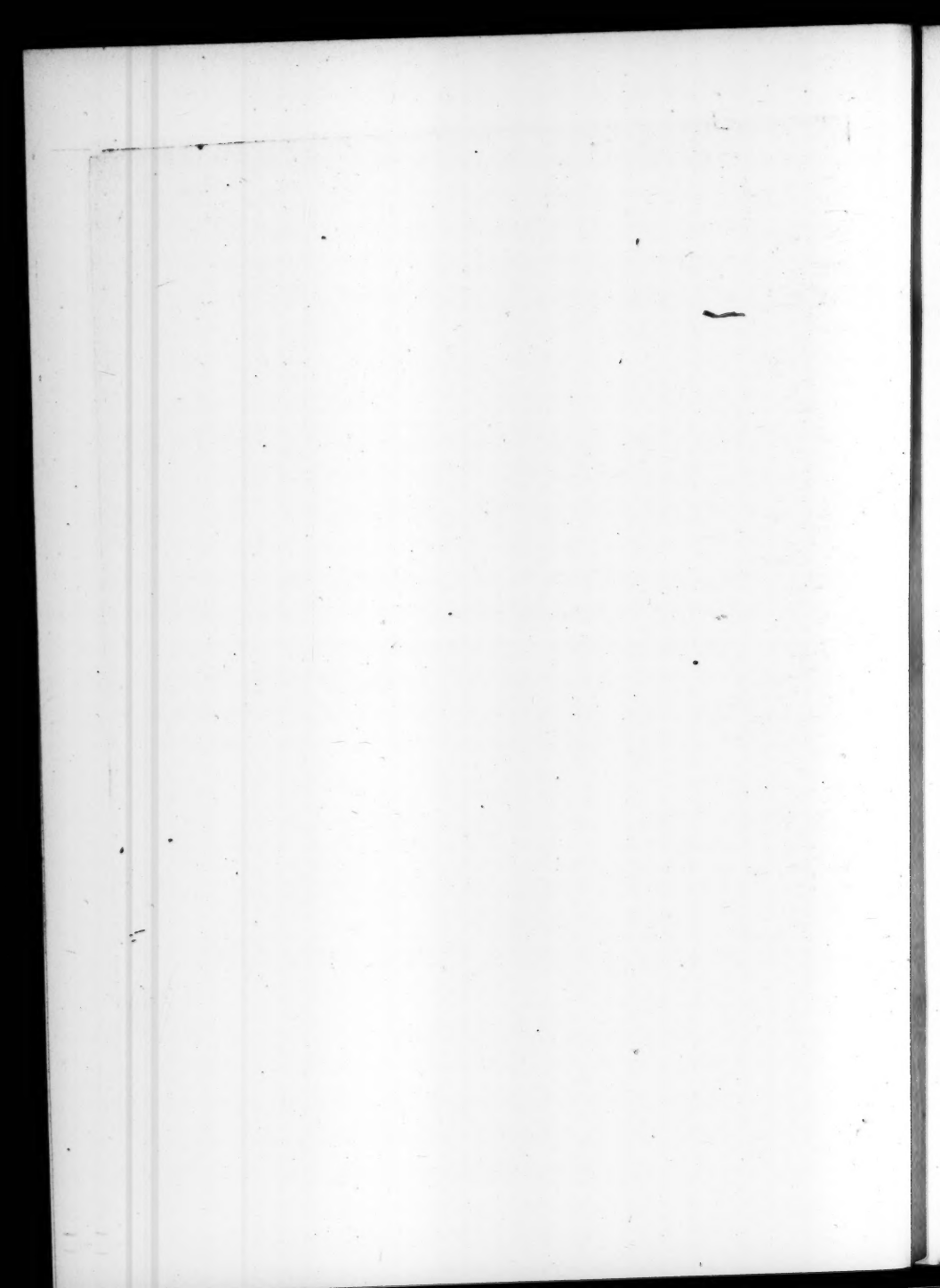
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E Thus endeth the Table.









OF THE CONSERVATION

of the body of mankynde, within
the limitation of helth (whiche as
Galene saythe) is the state of the
body, wherein we be neyther gre-
ued with payne, nor lette from do-
ing our necessary busynesse, doth belonge the dis-
ligent consideration of thye sortes of thynges,
that is to say,

Thynges naturall,
Thynges not naturall, and
Thynges ageynst nature.

Thynges naturall be. vii. in number.

| | |
|--------------|----------------|
| Elementes. | Powers. |
| Complexions. | Operations and |
| Humours. | Spirites. |
| Members. | |

These be necessary to the being of helth, ac-
cordinge to the order of theyr kynde : and be
alway in the naturall body.

Thynges not naturall be fyve in number.

| | |
|-------------------|--------------------|
| Fyre. | Emptynesse and re- |
| Meate and drynke. | pletion and |
| Slepe and watche. | Affections of the |
| Reuyng and rest. | mynde. |

Thynges ageynst nature be thye.

Sykenesse.
Cause of sykenesse.
Accident, whiche foloweth sykenes.

THE FIRST

Channered to thynges natuall.

with Age: and Figure, and
with Coloure: Diversitie of kyndes.

THE Elementes be those originall thynges
vnmixt and vncompounde, of whose temperace
and myxture all other thynges, haunge corpo-
rall substance, be compacte: Of them be foure,
that is to saye,

Erthe. Ayre and
water. fyre.

ERTH, is the mooste grosse and ponde-
rouse element, and of her proper nature is colde
and drye.

AIR, is more subtyll and lyght thanne
erthe, but in respect of Ayre and fyre, it is grosse
and heuie; and of his proper nature is colde
and moyste.

FIRE, is more lyght and subtylle than the
other two, and beinge not altered with any exte-
riour cause, is properly hotte and moyste.

WATER, is absolutely lyght and cleere, and is
the clarifier of other elementes, if they be byca-
use of out of their naturall temperaunce, and is
properly hotte and drye.

IT is to be remembred, that none of the said
elementes be commonly seene or felt of mortal men,
as they are in their original being: but they, whi-
che by our senses be perceiued, be corrupted with
mutual mixture, and be rather erthy, watry, airy,
and fyry, than absolutely erth, water, ayre, & fyre.

Of the complexion of Man. Cap. 2.

COMPLEXION is a combynation of two dyuers qualities of the foure elementes in one bodye, as hotte and drye of the fyre: hotte and moyste of the Ayre, colde and moyste of the water, colde and dry of the Erth. But although all these complexions be assembled in euery body of man and woman, yet the body taketh his denomination of those qualities, whiche abounde in hym, moxe thanne in the other, as hereafter inleweeth.

The Bodye, where heate and moysture haue souerayntie, is called *Sanguine*, wherein the Ayre hath preeminence, and it is percepued and known by these sygnes, whiche do folowe,

Carnositie or fleshytnesse.

The baynes and arteries large.

Heate plenty and redde.

The visage whyte and ruddy.

Sleepe moche.

Dreames of blouddy thynges, or

Sanguine.

thynges pleasant.

Pulse great and full.

Digestion perfecte.

Anger shortly.

Siege, urine, & sweat abundant.

Fallenge shortly into bledyng.

The urine redde and grosse.

It is where

THE FYRSTE

Cwhere colde with moysture preuaileth, that body is called *Fleumayke*, wherein water hath preeminence, and is percepued by these signes,

Fatnesse, quauyng and softe.

Vaynes narrowe.

Heare moche and playne,

Colour whyte.

Sleape superfluous.

Dreames of thynges watry or of fyssh.

Fleuma-
yke,

Slownesse.

Dulnesse in lernynge.

Cowardyse,

Dulle slowe and lyttell.

Digestion weake.

Spyttell white, abundant, and thicke.

Urine grosse, whyte or pale.

Cholerike is hote and dry, in whome the fyre hath preeminence, and is discerned by these signes folowynge.

Leanness of body.

Cokkyfenesse.

Heare blacke or darke aburne curlyd.

Vysage and skyn red as fyre, or salowe.

Hotte thynges noyffull to hym.

Chole-
yke,

Lyttell sleape.

Dreames of fyre, fyghtynge, or anger.

Wyte sharpe, and quicke.

Chole-
yke,

Hardy and fyghtynge.

Dulle swyfte and stronge.

Urine hygh coloured and clere.

Chole-
yke,

Wyte sharpe.

Me-

Melancolpke is cold and drye, ouer whome the
erth hath dominio, & is perceiuid by these signes.

Leanness with hardnesse of skynne.

Heate playne and thynne.

Colour dus kyssh, or white with leannes.

Moche watche.

Dremes fearefull.

Melan Styffe in opinions.

colpke. Digestion slowe and yll.

Cymmerous and fearefull.

Anger longe and frettyng.

Dulle lyttell.

Seldome lawghyng.

Urine watry and thynne.

Besides the sayd complexions of all the hole
bodpe, there be in the partypular members,
complexions, wherein if there be any distempe-
raunce, it byngeth spckenesse or grieve into the
meimber. wherfoze to know the distemperature,
these sygnes folowynge wold be consydered. For-
sene, that it be remembred, that some distempera-
tures be synple, and some be compounde. They
whych be synple, be in synple qualtyes, as in
heate, colde, moyste, or drye. They which be com-
pounde, are in compounde or myrte qualities: as
heate and moysture, heate and drythe, colde and
moyste, colde and drye. But nowe sytse we wyll
speake of the synple complexions, of euery prin-
cipall member, begynnynge at the bryayne.

THE FYRSTE

The heed and bylage berpe redde
and hotte.

The heate growynge faste blacke
and courlyd.

The byayne exceeding in
heate hath The haynes in the eyen apparant
Superfluouse matter in the nose=
thylles, eyen, and eares.

The heed annoyed with hote mea=
tes, drynkes, and sauours.
Slepe shorte and not sounde.

Moche Superfluitie runnyng
oute of the nose, mouth, ea=
res, and eyen.

Heare streyght and fyne, gro=
wynge slowly, and flaren.

The byayne exce=
ding in cold hath The heed dysposed by smalle
occalpon to pooles and
mures.

It is soue annoyed with cold.

It is colde in touchynge.

Waynes of the eyen not sene.

Sleapy somewhat.

Moyste in ex=
celle hath

Heares playne.

Seldome o; neuer balde.

wytte bulle.

Moche Superfluities.

Slepe moche and depe.

The brayne
dye hath

No superflutties runnyng,
wyttes good and redy.
Watchefull,
Heates blacke harde and fast
growyng.
Balde shyrtely.

Complexions compouned.

Brayne hot and
moyste distem-
pered hath

The heed akynge and heupe,
fulle of superflutties in the
nose.
The southern wind greuous.
The Northern wynd holsom.
Slepe deepe, but vnquyete,
with often wakynge, and
straunge dreames.
The senses and wytte vn-
perfecte.

Brayne hot and
dye dystempe-
red hath

None aboundance of super-
flutties, whyche maye be
expellyd.
Senses perfecte.
Moche watche.
Sooner balde than other.
Moche heare in chyldhoode
and blacke or browne, and
courtyd.
The heed hotte and ruddy.
The

THE FYRSTE

The senses and wytte dulle.

Moche sleape.

Brayn cold The heed sone replenished with su-
& moist di- perfluouse moysture.

stēped hath Distillations and poses oꝝ murrēs
Not shortly balde.

Soone hurte with colde.

The heed colde in felyng and with-
out colour.

Brayn cold The baynes not appetyng.

& dry distē- Soone hurte with colde.

pered hath, Often discraied.

Wyttē perfecte in chyldhode,
but in age dulle.

Aged shortly and balde.

Of the Harte.

Moche blowyng and puffyng.

Pulse swyfte and busye.

Hardynesse and manhode moche.

Promptnes actiuitie and quyknes
in doinge of thynges.

The harte

hot distem

pered hath

Fury and boldnesse.

The breste heary toward the left side.

The breste brode, with the heed lytel.

The bodye hotte, excepte the Lyuer
doo lette it.

The

The hart cold di-
 stempered hath
 The pul'e very lyttell.
 The bzethe lyttell and slowe.
 The bzeke narowe.
 The body all colde, except the
 lyuer dothe inflame it.
 Fearefulnesse.
 Scrupulosite, & moch care.
 Curiositie.
 Slownesse in actes.
 The bzeaste cleane withoute
 heares.

The harte moiste
 distempered hath
 The pulse softe.
 Sone angry & sone pacified.
 The body al moist, except the
 lyuer disposeth contrarie.

The hart drye di-
 stempered hath
 The pulse harde.
 Not lightly angry, but being
 angry, not sone pacified.
 The body drye, except the lyuer
 doth dispose contrarie.

The harte hotte
 and moyste
 The breast & stomake heary.
 Promptues in actes.
 Soone angry.
 fierinesse but not soo moche
 as in hotte and drye.
 Pulse softe, swifte, and busy.
 Breth of wynd accordyng.
 Shortly falleth into diseases
 caused of putrification.

THE FYRSTE

The harte poulse greatte and
swifte.

The bryth oꝝ wynd accordyng.

The breste and stomache all
beatye.

Quicke in his doctinges.

Solones and hardynesse.

Swyft and hasty in mouyng.

Soone styed to anger, and ty-
rannous in maners.

The breste brode, and all the
body hotte and drye.

The pulse softe.

Fearfull and tymorous.

Slowe.

The brest cleue without heare.

Not hastylye angrye, nor re-
capnyng angrye.

The brest natowe.

All the body colde and moyst.

The pulse harde and lyttell.

The wynde moderate.

Seldome angrye, but whan
it hapneth, it dureth longe.

The breste cleane withoute
heare and lyttell.

All the body colde and drye.

The harte hotte
and drye.

The harte colde
and moyste.

The harte colde
and drye hath

Of the Luer.

The haynes greate.

The bloudd moze hotte than
temperate.

The luer in hets
distempered hath

The bealy heart.

All the body hotte excedynge
temperance.

The haynes smalle.

Abundance of fleume.

The luer colde di-
stempered hath

The bloudd colde.

All the body cold in felyng.
The bealy without heare.

The haynes softe.

Poche bloude and thynne.

The luer moist di-
stempered hath

All the body moyst in felyng
excepte the harte disposeth
it contrary.

The luer drye di-
stempered hath

The haynes harde,

The bloud lytel and thicke.

All the body drye.

THE complexion compounde, maye be de-
cerned by the sayde simple qualyties. And here
it is to be noted, that the heate of the harte maye
vanquyshe the colde in the Luer. For heate is in
the harte, as in the fountayne or springe, and
in the Luer, as in the Ruer.

Galenus
in arte par
ua. lib. 2.

THE FYRSTE

Of the stomacke.

**The stomake hot
distempered**

He digesteth welle, speciallpe
harde meates, and that wyll
not be shortly altered.

Lyght meates, and soone al-
tered, be therin corrupted.

The appetite lyttell and slow.

He delptethe in Meates and
dynkes, whych he horte,
for euery natural complexio
delpteth in his semblable.

**The stomak cold
distempered**

He hath good appetite,
He dygesteth ylle and slowe-
lye, speciallpe grosse meates
and harde.

Cold meates do ware soure,
beinge in hym vndigested.

He delptethe in Meates and
Dynkes, whych be Cold,
and yet of them he is in-
dammaged.

**The stomacke
moist distempered**

He thyrsteth but seldome, yet
he despyeth to dynke.

With superfluous dynke
he is hurte.

He delpteth in moyste meates.

He

Of humours.

IN THE body of Man be foure pꝛincipall humours, whiche contynuyng in the pꝛopoztion, that nature hath lymptted, the body is free from all ſpꝛkenesse. Contrary wiſe, by the increaſe oꝝ diminution of any of them in quantitie oꝝ qualitie, ouer oꝝ vnder their natural aſſignment, inequall temperature commeth into the body, whiche ſpꝛkenesse foloweth moze oꝝ laſſe, accoꝝdyng to the laſſe oꝝ decaye of the temperatures of the ſayde humours, whych be theſe folowynge.

Bloudde, Choler,
fleume. Melancolpe.

Bloudde hath pꝛeeminence ouer all other humours in ſuſteynynge of all lyuynge creatures, ſoꝝ it hath moze conſormitie with the oꝝigynalle cauſe of lyuynge, by reaſon of temperatnes in heate and moyſture, alſoo nouꝛyſſeth moze the body, and reſtoꝛeth that which is decayed, being the very treaſure of lyfe, by loſſe wherof, death immediately foloweth. The dyſtemperature of blood hapneth by one of the other thꝛe humoꝝs, by the inoꝝdinate oꝝ ſupfluouſ mixture of them.

Of fleume.

Fleume is of two ſortes,

Naturall and
Unnaturall.

Naturall fleume is a humour colde & moyſt, whete and ſwete, oꝝ withoute taſte, ingendꝛed by inſufficient decoction in the ſeconde digeſtion of the watꝛe oꝝ rawe partes of the matter decoctecallyd

THE FYRSTE

call'd Chylus, by the laste dygestion made apte to be conuerted into bloud. In this humour, water hath dominion moſte principall.

Fleume vnnaturall is that, whyche is myrte with other humours, o; is altered in his qualitie: And therof is. viii. sondry kyndes,

Warry, whyche is founde in spettyll of great dymkers, o; of them, whyche dygeste yll.

Slympy o; rawe.

Glaspy, lyke to whyte glasse, thicke, viscouſe lyke byrde lyne and heuy.

Plasty, whyche is very grosse, and as it were chalky, suche is found in the topntes of theym, whyche haue the gowte.

Salt, which is myngled with coler.

Sower, myrte with melancoly, whyche commeth of corrupt dygestion.

Harſhe, thicke and grosse, whiche is seldome founden, which tasteth like grene crabbes o; sloes.

Stiptike o; binding, is not so grosse no; cold, as harſh, and hath the tast lyke to greene redde wyne, o; other lyke, strappinge the tunge.

Choler dothe participate with naturall heate as longe as it is in good temperance. And therof is also two kyndes,

Natu-

**Naturall and
Unnaturall.**

**Choler na-
turall,**

Naturall coler is the some of blode,
the coloꝝ whereof is redde and clere,
oꝝ moꝝe like to an oꝝege colour, and
is hot and drie, wherin the fire hath
dominion, and is lyght and sharpe,
and is ingendꝛed of the most subtyll
parte of matter decocte, oꝝ boyled in
the stomacke, whose begynnynge is
in the lyuer.

**Unnaturall choler is that whyche is myrte oꝝ
coꝛrupted with other humours, wherof be foure
kyndes,**

Citrine oꝝ yelow choler, whyche is of
the myxture of naturall choler, and wa-
tꝛy fleume, and therfoꝝe hath lesse heate
than pure choler.

Yelky, lyke to yelkes of egges, whiche
is of the myxture of flewme congeled,
and choler naturall, and is yet lasse hote
than the other.

Greene lyke to lekes, whose begynnynge
is rather of the stomak, thā of the lyuer.

Greene lyke to greene canker of mettall,
and bourneth lyke benym, and is of ex-
cedynge adustyon of choler oꝝ flewme,
and by these two kyndes nature is moꝝ-
tified.

**Melancoly oꝝ blacke coler is
deuyded into two kyndes.**

C

Naturall

THE FYRSTE

Natural, whyche is the dyegges of pure bloud, and is knowen by the blaknes, whā it issueth either downewarde oꝝ vpwarde, and is verily colde and drye.

Unnatural, whyche procedeth of the aduſtion of colerik mixture, and is hotter and lighter, haupnge in it violence to kill, with a dangerous diſpoſition.

Of the members.

¶ There be diuerſities of mebers, that is to ſay.

| | |
|------------|---------------------------|
| | The brayne, |
| Principall | The harte, |
| members, | The lyuer, |
| | The ſtones of generation. |

Synewes, whiche doo ſerue to the brayne.

| | |
|------------|-------------------------------------|
| Officialle | Arteries oꝝ pulſes, whiche do ſerue |
| members, | to the harte. |

| | |
|--|-------------------------------------|
| | Vayns, which do ſerue to the liuer. |
| | Veſſels ſpermatike, wherein mans |
| | ſeede lyeth, whyche doo ſerue to |
| | the ſtones. |

Bones.

| | |
|--------------------|-------------------------------|
| Partes calld Si- | Griftell. |
| miles, ſoꝝ being | Calles betwixt the vttermoſte |
| deuyded, they re- | ſkynne and the fleſhe. |
| main in them ſelf | Muſkles oꝝ ſylettes. |
| like as they were. | Fatte. |
| | Fleſhe. |

Mem-

Members in- The stomacke.
 strumentall. The raynes,
 The bowelles.
 All the great synewes.
 These of their vertue do appetite meat & alter it.

Of powers.
 Inymall,
 Spirituall,
 Naturall.

Naturall power, whyche dothe mynister.
 To whom is mynystred.

whyche dothe
 mynyster, Appetiteth,
 Retayneth,
 Digesteth,
 Expelleth.

To whome is
 mynystred, Ingendreth,
 Nourysheth,
 Feedeth.

Power spiritual. markynge, whiche delateth
 the harte and asperpes, and
 estelesoones strayneth them.
 wroughte, whiche is styred
 by an exterior cause to work,
 wherof cometh anger, indi-
 gnation, subtiltie, and care.

THE FYRSTE

That whyche oꝛdeyneth, discerneth, and composeth.

That moueth by voluntarie

power animal. motion.

That whyche is called sensible, whereof doo proceede the true wittes.

Of that which oꝛ Imagination in the forehead. Reason in the bryne.

Remembrance in the nobell.

Operations. Appetite by heate and drythe. Digestion by heate & moisture.

Retaynyng by colde and drythe.

Expulsion by colde and moisture.

Spirit is an aery substance subtyll, springe the powers of the body to perfourme their operations, whiche is dyuided into

Naturall, whiche taketh his begynninge of the lyuer, and by the vaynes, whiche haue noo poulse, spreadeth into all the holle bodye.

Vital, whiche proceedeth from the harte, and by the arteries oꝛ pulses is sente into all the body.

Animall, whiche is ingendred in the bryne, and is sente by the synewes throughout the body, and maketh sence oꝛ feelinge.

An-

C Amexed to thynges naturall.

Adolescency to .xxv. yeres, hotte
and moyst, in the whiche tyme
the body groweth.

Juuenute vnto .xl. yeres, hotte
and dry, wherein the body is in
perfyte growthe.

Agex be foure. Senectute, vnto .lx. yeres colde
and drye, wherein the bodye be-
gynneth to decreace.

Age decrepite, vntil the last tyme
of lyfe, accidentally moist, but na-
turally colde & drye, wherein the
powers and strength of the bo-
dy be moze and moze minished.

C Colour.

Of inwarde causes.

Of outwarde causes.

Of equalytie of humoures, as
he that is redde and white.

Of inequalytie of humoures,
wherof doo pproceede, blacke, sa-
lowe, or whyte onely.

Redde,

Colour of in-
ward causes.

Blacke,

Salowe,

whyte, colde of fleume.

Pale, colde of melancolpe.

Redde, abundaunce of bloudde.

Salowe, choler citrine.

Black, melancoly or coler adust.

do betoken domi-
nion of heate.

C iii

Of

THE FYRSTE

| | |
|---|---|
| <p>Coloure of outwarde causes,</p> | <p>Of colde oꝝ heate, as englyſhe men be white, Spanies be blak. Of thynges accidentalle, as of feare, of anger, of ſorrowe, oꝝ other lyke motions.</p> |
|---|---|

| | |
|---------------------------------|---|
| <p>Coloure of heate.</p> | <p>Blacke, either of abundance of coler inflamed, oꝝ of moche incen- dyng oꝝ aduſſion of bloudde. Red heare of moche heat not aduſt. Gray heares of abundance of melancholye. White heares of the lacke of naturall heate, and by occaſion of fleume putryfied.</p> |
|---------------------------------|---|

Call the reſydue concernyng thynges natural, conteyned in the Introduction of Joannicius, and in the lyttell craſte of Galene, I pourpoſely paſſe ouer foꝝ this tyme, foꝝ almoche as it dothe requyre a reder, hauyng ſome knowlege in philoſophye naturall, oꝝ els it is to harde and tedye ouſe to be vnderſtande. Howeouer this, which I haue wryten in this fyrſt tables, ſhalbe ſufficient, to the conſeruacion of helth, I meane with that whiche now we ſoloweth in the other Tables.

The ſeconde Table.

THINGS not Naturall be ſoo callyd, by-
cauſe they be no porcion of a naturall body,
as

as they be, whiche be called naturall thynges, but yet by the temperance of them, the body beinge in health, so consisteth. By the dyslemperance of theym, sykkenesse is induced, and the bodye dissolued.

The fyffe of thynges not naturalle is ayze, whiche is properly of it selfe, or of some material cause or occasion, good or ill.

That which is of it selfe good, hath pure vapours, and is odoriferous.

Also it is of it selfe, swifte in alteration from hotte to cold, wherein the body is not moche prouoked to sweate for heate, ne to chylle for behemency of colde.

Aye among al thynges not natural, is chiefly to be obserued, forasmuch as it dothe both inclose vs, and also enter into oure bodies, specially the moste noble member, which is the Hart, and we can not be separate one howze from it, for the necessitie of breathynge and fetchynge of wynde.

The causes, wherby the ayze is corrupted, be specially foure.

Influences of sondry sterres.
Great standynge waters neuer refreshed.

Carayne lyenge longe aboute grounde.

Muche people in smal rounge
lyuyng vnklenly and without help.

wyndes

THE FYRSTE

Woundes bynngng
hollome aye,

Dothe, whych prolongeth
lyfe by expoullsng pyle
vapours.

East is temperat and lusty.

Woundes byn-
ngng pll aye.

South corrupteth, and ma-
keth pll vapours.

West, is very mutable, whi-
che nature dothe hate.

Meate and drynke.

In meate and drynke we muste consyder fyre
thynges.

Substaunce,

Quantitie,

Qualitie,

Custom.

Time,

Order.

Substaunce, somme is good, whiche maketh
good swete, and good bloude: some is pyle, and
ingendzeth pll swete, and pll bloude,

Meates and drynkes makynge good swete.

Beed of pure flour
somwhat leuened,
well baked, not to olde
nor to stale.

Egges of fesautes, he-
nes or partriches newe
laid, poched, meane be-

twene cere and harde.

Mylke newe mylked,
dronke fastynge, wher-
in is sugar, or the lea-
ues of myntes.

fesautes.

Partriches or chickens.

Capon,

Capons oꝝ hennes.
 Wydes of the fieldes.
 Fyſhe of ſtony rpuets.
 Meale ſuckynge.
 Boꝝke yonge.
 Biſe not paſſinge thꝛe
 yeres.
 Bygeons.
 Wenſon of red bere.
 Deale potage with
 myntes.
 Fete of ſwine oꝝ calues.
 Fygges tꝛype, befoꝛe
 Rapſons, meales.
 Boꝛage.
 Languedebieſe.
 Perſely.
 Myntes.
 Ryce with almoð milk.
 Letyſe.
 Cyphorie.
 Grapes tꝛype.
 Wynes good moderat-
 ly taken, wel ſyned.
 Ale and biere ſyr dapes
 old, cleane byꝛwed, and
 not ſtronger.
 Mithre and gladneſſe.
 The lyuer and byꝛnes
 of hennes and chyꝛkens
 and yonge geefe.

Meates and drynkes ma-
 kyng yll wyce.

O lde bieſe.
 Olde mutton.
 Geefe olde.
 Swanne olde.
 Duckes of the kanell.
 Inwarde of beaſtis.
 Blacke puddynge.
 The hart lyuer and kid-
 neys of all beaſtes.
 The byꝛnes and mary
 of the backbone.
 Woodde culuers.
 Shell fyſhe, except cre-
 uſe deaudoilce.
 Cheſe harde.
 Apples and peres mo-
 che bleſed.
 Fygges and grapes not
 tꝛype.
 All rawe herbes, except
 letyſe, boꝛage, & cikozꝛ.
 Onions, immoderatly
 Garlik, bleſed, ſpecially
 Lekes, in colerike ſto-
 mackes.
 wine in muſt oꝝ ſoure.
 feare, ſozowe, pen-
 ſpenneſſe.

D

Dea-

THE FYRSTE

Meates ingendrynge
choier.

Garlyke.
Onyons,
Rokat,
Kerlis.
Lekes,
Mustarde,
Pepper,
Honpe,
wyne moche dronken.
Swete meates.

Meates ingendryng
fleume.

Call sympe and clea-
uyng meates.
Chese newe.
All fysh, specially in a
fleumatike stomake.
Inwardes of beastes.
Lambes fleshe.
The synewe partes of
fleshe.
Skynnes.
Byapnes.
Lunges,
Rapes,
Cucumbers.
Replecion.
Lacke of exercise,

Meates ingendrynge
melancoly.

Biese,
Gotes fleshe.
Hares fleshe.
Boyes fleshe,
Salte fleshe,
Salte fysh.
Colewortes.
All pulle, excepte white
peason.
Browne breade course.
Thycke wyne.
Blacke wyne,
Olde chese.
Olde fleshe.
Great fyshes of the see.

Meates makynng thycke
wyce.

Rye breadde,
Muste,
Breade without leuen.
Cake breadde,
See fysh greate.
Shelle fysh.
Biese,
The kydneyes,
The lyuer of a swyne.
The stoness of beastes.
Wylke moche sodden.
Rapes,

Rapes.
 All rounde rootes,
 Cukumbers,
 Swete wyne.
 Deepe redde wyne.
 Garlyke.
 Mustarde,
 Diganum
 Hysope,
 Basilie,
 Fenelle,
 Cheefe,
 Egges fryed oz hard,
 Chellen nuttes.
 Nauels,
 Frygges grene.
 Appuls not rype.
 Pepper.
 Roket,
 Lekes, moch bled.
 Onyons,

Meates whiche do hurte
the tethe.

Very hotte meates.
 Nuttes,
 Swete metes & dykes.
 Raddye rootes,
 Harde meates.
 Mylke.
 Bytter meates.

Roche bomyte.
 Leekes.
 Frye fatte.
 Lymones,
 Colewoytes.

Meates whiche do hurte
the eyes.

Drunkennesse.
 Lecherie.
 Muste,
 All poulse.
 Swete wynes, and
 chycke wynes,
 Hempe sede.
 Very salte meates.
 Garlyke,
 Onyons.
 Colewoytes,
 Raddye,
 Reedyng after supper
 immediatly.

Makyng great oppi-
lations.

Chycke mylke.
 All swete thinges.
 Rye breadde.
 Swete wynes.

Do it meates

THE FYRSTE

Meates inflayng or
wyndye.

CBeanes.
Luppnes.
Cicer,
Mille,
Cucumbers.
All tynce of herbes.
Fygges dyne.
Rapes,
Ranewes rawe.
Myke.
Hony not wel clarified.
Sibere wyne.
Muste.

Thynges good for
the heed.

Cububes.
Calngale.
Lignum aloes.
Matozam,
Baulme myntes.
Claden.
Autmygges,
Muste,
Rosemarpe,
Roses,
Diony.
Hyslope,
Oppke,

Camomyle,
Mellipote,
Rewe,
Frankincense.

Thynges good for the
Harte.

Cynamome.
Saffron.
Cozalle.
Cloues,
Lignum aloes.
Berles,
Nacis.
Baulme myntes.
Myrabolanes,
Muste.
Autmygges.
Rosemarpe.
The bone of the harte
of a rebbe deere.
Matozam,
Buglosse.
Bozage.
Setuall.

Thynges good for the
Luer.

Cwoxmewode.
wythwynde.
Agrymonye.
Saffron,

Saffron.
Cloues.
Endpue.
Apuerwozte.
Cyhoze.
Plantayne.
Dragons,
Rapsons greatte.
Saunders.
Fenelle.
Violettes.
Rosewater.
Lettyse.

Thynges good for the
Lunges.

Clycampane.
Hyslope.
Scabiose.
Lykoyle.
Rapsons.
Maydenheare.
Benidies.
Almondes,
Dates,
Dysfases.

Thynges good for the
eyes.

Cerebyght.
Fenpil.

Hierupn.
Roses.
Celandyne.
Agrymonye.
Cloues.
Colde water.

Thynges good for the
Stomake.

Chyrabelanes.
Rutmegges.
Organum,
Dysfases,
Dyunces,
Olybanum,
wormetwode,
Saffron,
Coralle,
Agrymonye,
funptoxe,
Galyngale.
Cloues.
Lignum aloes.
Mastix,
Mynte.
Spodium.

The innermost tbynne
of a hennes gylar.
Cortander prepared.

THE SECONDE BOKE.

Of Quantitie. Cap. 1.



THE Quantitie of meate muste be proportioned after the substance and qualite therof, and according to the complexion of hym that eateth. First, it ought to be remembred, that meates hote and moiste whiche ate qualities of the bloudde, are soone, tourned into bloudde, and therfore moche nourisheth the body. Some meates do nourishe but lyttell, haupngs lyttell conformitie with bloudde in their qualities. Of them, whiche do nourishe, some are moze grosse, some lyghter in digestyon. The grosse meate ingendreth grosse bloude, but where it is well concocte in the stomake, and well digested, it maketh the fleshe moze fyne, and the officiall members moze stronge, thanne fyne meates. wherfoze of men, which vse moch laboꝝ or exercise, also of them, whiche haue very cholerike stomackes here in Englande, grosse meates may be eaten in a great quantite: and in a cholerike stomake biese is better dygested than a chickens legge, forasmuche as in a hotte stomacke, fyne meates be shortly aduste and corrupted. Contrarywise in a colde or fleumatike stomacke grosse meate abyde long vndigested, and maketh putrified matter: lyght meates therfoze be to suche a stomacke moze apte and conuenient.

The

The temperate bodye is beste nourysshed with a lyttell quantitie of grosse meates : but of temperate meates in substance and qualtye, they maye safelye eate a good quantitie. Forseene alway, that they eate withoute gourmandyse, or leaue with somme appetyte. And here it wolde be remembred, that the cholerycke stomake doth not despye soo moche as he maye dygest : the melancholye stomake maye nat dygeste soo moche as he despyeth. for colde maketh appetite, but naturall heate concocteth or boyleth. Not withstandinge vnnaturall or supernaturall heate distropereth appetite, and corrupteth dygestion, as it appereth in feuers. More ouer, scrupes and herbes, speciallye rawe, wolde be eaten in a small quantitie, all thoughe the persone be very cholerycke, forasmuche as they do ingender thynne watrye bloudde, apte to receyue putrefaction, whyche all thoughe it be not shortlye perceived of theym that vse it, at lengthe they feele it by sondrye dysleases, whyche are longe in comynge, and shortlye sleeth, or be hardelye escaped. Finallye, excesse of meates is to be abhorred. For as it is sayde in the booke callyd Ecclesiasticus, In moche meate shall be sykenesse, and inordinate appetite shall appoche vnto coler. Semblablye the quantitie of drynke wolde be moderated, that it excede not, nor be equalle vnto the quantitie of meate, speciallye wyne, which moderately taken, apdeth nature, and comforteth her, and as the sayde authour of Ecclesiasticus

Eccel. 37.

THE SECONDE

Eccl. 31.

**Calen. de
tuen. sani.**

Nastitus sayth, Wyne is a reioycing to the soule and bodie. And Theognes saythe in Galenes warke, A large draught of wyne is yll. A moderate draught is not only not yll, but also commo-
dious or profitable.

Of qualitie of meates. Cap. 2.

Qualitie is in the complexion, that is to say, it is the state therof, as Hotte or cold, moist or dry. Also some meates be in wynter cold in acte, and in vertue hotte. And it wolde be considered, that euery complexion temperate and vntemperate, is conserued in his state, by that whiche is lyke thereto in fourme and degree. But that whiche exceedeth moche in dystemperance, by that whiche is contrarie to hym in fourme or qualitie, but lyke in degree moderately bled. By fourme is vnderstand grossenesse, synenesse, thickenesse, or thynnesse, by degree, as the fyrste, the seconde, the thyrde, the fourth, in heate, colde, moisture, or drythe.

Of Custome. Capit. 3.

**Hippocra-
tes apho-
rismo. 2.**

Custome in fedynge is not to be contemned, or lyttell regarded: for those meates, to the whiche a man hath bene of longe tyme accustomed, though they be not of substance commendable, yet do they somtyme lasse harme than better meates, wherunto a mā is not bled. Also the meates and drynkes, whiche do moch deleyte him that

that eateth, are to be preferred before that which is better, but more insauerye. But yf the custome be soo pernyciouse, that hit needes muste be leste, thanne wolde it be withdrauen by lyttelle and lyttelle in tyme of healthe, and not of sykenesse. For yf it shoulde be withdrauen in tyme of sykenesse, Nature shulde susteyne treble detriment, fyrste by the griefe induced by sykenesse, seconde by recepyng of medicines, thirde by forbearng the thyng, wherin she deliteth.

Galenus.

¶ Of the temperature of meates to be receyued. Caput. 4.

TO kepe the body in good temper, to theym, whose naturall complexion is moyst, ought to be gyven meates, that be moyste in vertue of power. Contrarywise to theym, whose naturall complexion is drye, oughte to be gyven meates drye in vertue of power. The bodies vntemperate, suche meates or drynkes are to be gyven, which be in power contrary to the distemperance, but the degrees are alwaie to be considered, as wel of the temperaunce of the bodye, as of the meates. For where the meates doo moche excede in degree the temperature of the bodye, they annoyne the body in causyng distemperance. As hot wyne, pepper, garlycke, onyons, and salte, be noyfull to theym, whiche be cholerike, because they be in the highest degree of heate and drythe, aboue the iuste temperaunce of mannes body in

¶ that

THE SECONDE

that complexion. And yet be they oftentimes hol-
some to them, whiche be fleumaticke. Contrarye
wyse, colde water, colde herbes, and cold fruites
moderately vsed, be holsum to cholerike bodie,
by puttyng away the heate, excedyng the natu-
rall temperature: and to them, whiche be fleu-
maticke, they be vnholsum, and doo byng into
them distemperance of colde and moyste.

¶ What distemperance hapneth by the excesse
of sondrye qualities in meates and
drynkes. Capitu. 5.

Colde, do congele and mortifye.
Hoyll, do putrifie and hasten age.
Dye, sucketh by naturall moisture.
Clāmy, stoppeth the issue of vapors
and brine, and ingendreth the tough
fleume and grauell.
Fatte and oyle, swymmieth longe in
the stomake, and byngeth in lothe-
somnesse.

Meates.

Bitter, dothe not nouryche.
Salte, do frette moche the stomake.
Harpyche, lyke the taste of wyld frui-
tes, do constipate and restrayne.
Swete chauffeth the bloudde, and
causeth opilations or stoppynges of
the poyes and cundytes of the body.
Sower cooleth nature, and haste-
neth age.

what

What commoditie happeneth by the moderate
vse of the sayde qualities of meates
and drynkes. Cap. 6.

Cold allwageth the burning of coler.
Moist humecteth that which is dried.
Dry, cōsumeth superfluous moisture.
Clamme, thyrketh that, wherche is
subtyll and percynge.

Bytter, clenseth and wppeth of, also
mollifieth and expelleth fleume.

Meates. Salte, relenteth fletome clammy, and
dypeth it.

Fatte and vinctuous, nouryseth, and
maketh soluble.

Scriptike or rough on the tonge byn-
deth and comfōrteth appetite.

Sweete, dothe clense, dyssolue, and
nouryseth.

Of Fruites. Cap. 7.

FO: as moche as before that tyllage of cozne
was inuented, and that deuourynge of fleshe
and fyshe was of mankynde vbled, men vndoub-
tedlye lyued by frutes, and Nature was there-
with contented and satisfied: but by chaunge of
the diete of our progenytours, there is caused to
be in our bodyes, suche alteration frome the na-
ture, whiche was in men at the begynnyng, that
nowe all frutes generally are noyfull to manne,

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and do ingendert all humours, and be ofte tymes the cause of putrified feuers, if they be moch and continually eaten. Not withstanding vnto them, which haue abundance of coler, they be somtyme conuenient, to represser the flame, which procedeth of coler. And some frutes which be styptike, or bynding in tast, eaten before meales, do bynd the belly, but eaten after meales, they be rather laxative. Now shall it not be vnerpedit to write of some frutes particularly, declaring their noysful qualities in appairing of Nature, and how they may be vsed with lesse detriment.

Of Gourdes.

Gourdes take be vnpleasant in eatynge, yll for the stomake, and almost neuer digested, therfore he that will nedes eate them, must boyle them, coste them, or frye them, euery waye they be without sauour or taste, and of theyr proper nature, they gyue to the body cold and moist noysishment, and that very lttell, but by reason of the styppernes of their substance, and bicause all meates which be moyste of their nature, be not bynding, they lyghtly passe forth by the bealpe. And being well ordred, they will be metely concoct, if corruption in the stomake do not preuent them: they be colde and moyste in the seconde degree.

Of Melones and Pepones.

Melones and Pepones be almooste of oone kynde, but that the melone is rounde lyke
an

an apple, and the innermoste parte therof, where the sedes are conteyned, is vsed to be eaten. The pepon is moche greater, and somewhat longer, and the inner part therof is not to be eaten: They bothe are very colde and moist, and do make yll iuyce in the body, if they be not wel digested, but the pepon moch more than the melon. they do lesse hurt, if they be eaten afoze meales. Albe it, if they do synde in the stomake fleuine, they be turned in to fleuine, if they synde choler they be turned into choler. Not withstandinge there is in them the vertue to cleanse & to prouoke brine, they be colde and moist in the seconde degree.

Cucumbers.

Cucumbers do not excede so moche in moisture as melons: and therfore they be not so soone corrupted in the stomacke: but in some stomakes, being moderately vsed, they do digest wel: but if they be abundantly eaten, or moche vsed, they ingender a colde and thicke humour in the baynes, whiche neuer or seldome is tourned into good bloud, and sometime byngeth in feuers. Also they abate carnall lust. The sedes as wel therof, as of melones and gourdes, being dyed, and made cleane from the huskes, are very medicinalle agaynst sykenesses procedyng of heate, also the difficultie or let in pissinge, they be colde and moist in the second degree.

Galen, de
alimen.
fa. 2.

Dates,

They be harde to digest, therfore beinge much eaten,

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ten, and not well dygested, they annoye the heed, and cause gnawynge in the stomacke, and make grosse iupce, and sometyme cause obstructions oꝝ stoppynge in the lyuer and splene. And where there is inflammation oꝝ hardnesse in the bodye, they ar vnholosome, but beinge well digested and temperately bled, they nourtyshe and make the fleshe firme, and also byndeth the bealy: olde dates be hotte and dry in the fyrst degree: newe gathered are hotte and moyste in the first degree.

Of figges.

Figges eaten, do shortly passe out of the stomacke, and are soone distributed into all the partes of the body, and haue the power to cense, specially grauelle, beinge in the raynes of the backe, but they make no substantiall nourishment, but rather somewhat lowse and wyndye, but by their quicke passage, the winde is sone dissolued. Therfoze if they be ripe, they do leest harme of any frutes, oꝝ almoste none. Dry figges and old, are moze hot and moyst than newe gathered, but beinge moche eaten, they make yll bloudde and iupce, and as some do suppose, do ingender lycie, and also anoyeth the lyuer and the splene, if they be inflamed, but haupng the power to attenuate oꝝ make humours currant, they make the bodye soluble, and do cense the raynes. Also beinge eaten afore dinner with gynger oꝝ pepper, oꝝ powder of tyme, oꝝ peny royal, they pꝛofyt moch to them, whiche haue oppilations oꝝ harde congeled matter

ter in the inner partes of the body, or haue distillations or reumes falling into the breste and stomake. New figges are hot and moist, old figges are hot in the fyfth degree, and drie in the seconde.

¶ Of grapes and raisons.

Grapes do not nouryshe so moch as figges, but beinge ripe, they make not moche ylle iuyce in the body: all be it newly gathered, they trouble the bealpe, and fylleth the stomacke with winde, therfore if they be hanged bp a whyle; or they be eaten, they are the lasse noryfull. Swette grapes are hottest, and do lowse somewhat; and make a man thyrsty. Sowre grapes are cold, and do also lowse, but they are hard of digestion, and yet they do not nouryshe. They whiche ar in tast bytter or harpsh, be lyke to them that are soure. Raisons do make the stomake firme and strong, and do prouoke apetite, and do comforte weake bodys, beinge eaten afoze meales, they be hotte in the first degree, and moyste in the seconde.

Galen. de
alimen. 2.

Diosco. 7.

¶ Of Cherries.

Cheries, if they be swete, they do soone slyp downe into the stomake, but if they be soure or sharpe, they be more holsome, and do louse, if they be eaten freshe, and newly gathered, they be colde and moist in the first degree.

¶ Of Peaches.

Peaches doo lasse harme, and doo make better iuyce in the bodye, for they are not soo soone

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some corrupted being eaten. Of the iuyce of them may be made a syrope, very hollesome agaynst the distemperance of coler, wherof procedeth a syn- kynge breathe, they be colde in the fyrste degree, and moyste in the seconde.

Of Appulles.

Al appulles eaten some after that they be gathered, are cold, hard to digest, and do make yll and corrupted bloudde, but beinge well kepte vntyll the nexte wynter, or the yere folowynge, eaten after meales, they are right hollesome, and doo confirme the stomake, and make good digestion, specially if they be roasted or baken, most properly in a cholerike stomake. They are beste preserued in hony, so þæt one touch not an other. The rougher tasted appuls are hollesome, where the stomake is weake by distemperance of heate or moche moy- sture. The bytter appuls, where that griefe is in- creased. The soure appuls, where the matter is congeled or made thicke with heate. In distem- perature of heate and drythe by drynkyng moch wine, they haue ben found comodious: being ea- ten at nyght, going to bedde, without drynkyng to them: they be cold and moist in the first degree.

Of Quynces.

Quynces be colde & drye, eaten afoze meale, they bynde and restrayne the stomake, that it may not digest well the mete, except that they be roasted or sodden, the coze taken out, and myxt

myrte with honye clarified, or Sugar, than they cause good appetite, and p̄serueth the hed from drunkennesse: taken after meate, it closeth and dryeth the stomake together, and helpeth it to digeste, and mollifieth the bealy, if it be abundantly taken. they be colde in the fyrst degre, and drye in the begynnyng of the seconde.

¶ Of Pomegranates.

Pomegranates be of good iuyce, and profitable to the stomake, specially they, which are swete: but in a hote feuer, they that are sowre, be moze expedient and holsome. for than the sweete do incende heate, and pusse by the stomake.

¶ Of Peares.

Peaes are moche of the nature of apples, but they are heuier, but taken after meate, roasted or baken, they are not unholsome, and do restrain and knytte the stomake, being cype: they be cold and moyste in the fyrst degre.

¶ Medlars.

Medlars are cold & dry, & constrictiue or straining to the stomak, & therfore they may be eten after meles as a medicine, but not v̄sed as meat, for they ingender melancoly, they be cold & dry in the second degre.

¶ Wallnottes.

Wallnottes, if they be blanched, are supposed to be good for the stomak, and somewhat louspunge the bealy, myrte with sugar. they do not cype the temperately. Of two drye nuttes, as many fyngges, and .xx. leaues of Rewe, with a grayn of salt, is made a medicine, wherof if one doo eate fastynge,

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fastyng, nothyng which is venomous, may that day hurte hym. and it also preserueth agaynst the preailence, and this is the very right Mithridate. they be hot and dry in the second degre, after some opinions hote in the third degre, dry in the second. sylberdes and halpell nuttes.

They are moze stronge in substaunce than wall nuttes, wherfoze they are not so easily or sone digested. Also they do inflate the stomack, and cause head ache, but they ingender fatte. And if they be roasted, they are good to restrayne reumes. Also eaten with pepper, they are good against the tourmentes of the bealy; and the stoppyng of vrine, they be hotte and drye in the firste degre.

And cometh to **Of Almondes.**

They do extenuate and cleanse without any bindyng, wherfoze they purge the breste and lunges, specially bitter almondes. Also they do molyspe the bealpe, promote sleape, and causeth to pisse well. Five or syre of them eaten afoze meat, kepeth a man from beinge drunke: they be hotte and moyste in the fyrste degre.

Chestyns.

They being roasted vnder the ymbers or hot ashes, do nouryshe the body strongly, & eaten with hony fastyng, do helpe a man of the cough.

Pyunes.

Of the gardeyn, and rype, do dispose a man to the stoole, but they do brynge no maner of nourishment. To this fruite lyke as to pygges, this propertie remayneth, that beinge dried they doo profite.

profite. The damaske prune rather bindeth than
looseth, and is moze commodious vnto the sto-
mak. they be cold and moist in the second degree.

Olives.

Conditte in salt lycour, taken at the beginning
of a meale, dothe corroboreate the stomake, stirreth
appetite, and looseth the bealy, being eaten with
vyneger. They whiche be rypp, are temperately
hote: they whiche be grene, are colde and drye.

Of Capers.

They nourishe nothing after that they be sal-
ted, but yet they make the bealy loose, and pour-
geth fleume, whiche is therein conteyned. Also sti-
reth appetite to meat, and openeth the obstructi-
ons or stoppyng of the lyuer and splene, beinge
eaten with oximell, befoze any other meate: they
be hot and dry in the seconde degree.

Ozenges.

The ryndes taken in a lyttell quantitie, do co-
fort the stomake, where it digesteth, specially con-
ditte with sugar, and taken fastynge in a smalle
quantitie. The iuyce of ozenges, hauynge a tosk
of bzeadde put vnto it, with a lyttell powder of
myntes, sugar, and a lyttell cynamom, maketh a
very good sauce to prouoke appetite. The iuyce
eaten with sugar in a hotte feuer, is nat to be dis-
commended. The rynde is hotte in the firste de-
gree, and drye in the seconde. The iuyce of the ym
is colde in the seconde degree, and dry in the first.

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Herbes vsed in potage, or to eat. Cap. 8.

Generally al herbes raw, and not sodden, do
gingender cold & watry iuyce, if they be eaten
customably, or in abundance: albeit some herbes
are moze comestible, and do lasse harme vnto na-
ture, & moderately vsid, makith metely good blud.

Lettysse.

Amonge al herbes, none hath so good iuyce
as lettysse: for some men do suppose, that it
maketh aboundance of bloude, all be it not very
pure or petyte. It dothe sette a hotte stomake in
a very good temper, and maketh good appetite,
and eaten in the euenynge, it prouoketh slepe, all
be it; it neyther dothe lowse nor bynde the bealpe
of his owne proprietie. It increaseth mylke in a
womans breaſtes, but it abateth carnal appetite,
and moche vsynge therof, hurteth the eye syght.
It is colde and moyste temperately.

Colewortes and Cabages.

Before that auarice caused marchauntes to
fetche out of the easie and southe partes of
the world, the traffyke of spyce and sondry drou-
ges, to content the vnsaciablenes of wanton ap-
petites, Colewortes for the vertues supposed to
be in them, were of suche estimation, that they
were iudged to be a sufficient medicine agaynste
all diseases, as it may appere in the boke of wyse
Cato, wherein he writeth of husbandry. But now
I wyl no moze remember, than shalbe requited,
in that whyche shall be vsed as meate, and nat
pure medicine. The iuyce thereof hath vertue to
purge:

purge: the holle leaues beinge halfe sodden, and the water poured out, and they being put effe-sones into hot water, and sodden vntyl they be tender, so eaten, they do bynde the bealy. Some doo suppose, if they be eaten rawe with byneger, before meate, it shal p̄serue the stomake from surfettyng, and the heed from drunkennesse: all be it moche vsynge of them dulleth the syght, except the eyes be very moyste. fynally the succe that it maketh in the bodye is not so commendable, as that whiche is ingendred of lettysse. It is hote in the fyrste degree, and drye in the seconde.

Of Cpkozie oz suckozie.

It is lyke in operation to lettise, and tempereth coler wonderfully, and therfore in all colerlike feuers, the decoction of this herbe, oz the water therof styllled, is right expedient. Semblablye the herbe and rote boyled with fleshe, that is freshe, being eaten, kepeth the stomake and heed in very good temper. I suppose that Southystel & Dent delyon, be of lyke qualities, but not so conuenient to be vsed of theym, whiche are hole, bicause they are wyld of nature, and moze bitter, and therfore causeth fastidiousnes oz lothsomnesse of the stomake. It is colde and drye in the second degre.

Endryue and Scariole.

We moche like in their operation to Cpkozie, but they are moze conuenient to medicine than to meate. All be it Scariole callyd white Endryue, hauynge the toppes of the leaues turned in, and layde in the erthe, at the latter ende of sommer,

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and couered, becometh white and crispe, lyke to the great stalkes of cabage lettyse, whiche are in winter taken bp and eten. And to them that haue hote stomakes and dry, they be right holsom, but being to moche vbled, oꝝ in very greate quantitie, they ingender the humour, which maketh the colike. they be colde and moist in the first degree.

Malowes.

Galen. 2.
de alimentis.

Are not colde in operation, but rather somewhat warme, and haue in them a slyppernesse: wherefoze being boyled and moderately eaten with oyle and hyneget, they make metely good concoction in the stomake, and causeth the superfluous matter therein easily to passe, and clenseth the bealpe: It is hotte and moist in the fyfste degree.

whyte betes.

Are also absteriue, and lowseth the bealpe, but moche eaten, annoyeth the stomake: but they are ryght good ageynst obstructions oꝝ stoppyng of the lyuer, yf they be eaten with hyneget oꝝ mustarde. lyke wyse it helpeth the splene. It is colde in the fyfste degree, and moist in the seconde.

Bourllane.

Dothe mitigate the great heat in al the inward partes of the bodye, semblably of the heed and eyes: also it represseth the rage of Venus, but yf it be preferued in salt oꝝ byne, it heateth and purgeth the stomake. It is colde in the thirde degre, and moist in the seconde.

Ccheruple.

Is verpe profytable vnto the stomacke, but it maye

may not suffice in very much boiling: eten with vinegar, it prouoketh appetite, & also brine. The decoction thereof drunk with wyne, cleareth the bladder.

Sorrell.

Being sodden, it louseth the bealy. In a tyme of pestilence, if one bringe fastynge, doo chewe some of the leaues, and sucke downe the iuyce, it meruapulously preserveth from infections, as a new practiser callid Guainerius doth wryte. And I my self haue proued it in my household. The sedes thereof brayed and drunke with wyne & water, is very holsome agaynst the colyke, and frettyng of the guttes. it stoppeth fluxes, and helpeth the stomake annoied with replecion. It is cold in the thyrde degree, and drye in the seconde.

Dioscori
des lib. 2.
ca. 106.

Wersely.

Is very conuenient to the stomak, and comforteth appetite, and maketh the breathe sweete, the sedes and roote causeth brine to passe welles, and breaketh the stone, dissolueth wyndes. the rootes boyled in water, and thereof orimell being made, it dissolueth fleume, and maketh good digestion. It is hotte and drye in the thirde degree.

Fenell.

Being eten, the sede or roote makith abundance of mylke: lyke wyse drunke with persane or ale. The sede somewhat restrayneth fluxe, prouoketh to pisse, and mytigateth frettynges of the stomake and guttes, specially the decoction of the roote, if the matter, causynge frettyng be colde, but if it be of a hotte cause, the vse thereof is dangerous.

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Gale. 8m.
de medi-
camen. li.
3. ca. 74.

dangerous, for inflammation or exulceration of the raynes or bladder. It is hotte in the third degree, and drye in the fyfthe.

¶ Anple sede.

Maketh swete bryeth, prouoketh brine, and dryeth downe thinges, cleaupnge to the raynes or bladder, styrreth vp courage, & causeth abundāce of mylke. It is hot and drye in the thyrde degree.

¶ Beanes.

They make wynde, howe so euer they be ordered: the substance, whiche they do make, is spungy, and not firme, albeit they be absteriue or clensyng the body, they tary longe or they be digested, and make grosse iuyce in the body, but yf onyons be sodde with them, they be lasse noyful.

¶ Peasyn.

Are moche of the nature of beanes, but they be lasse wyndy, and passeth faster out of the body: they be also absteriue or clensyng, specially white peason, & they also cause metely good noything, the huskes taken awaye. And the brothe, wherein they be sodden, clenseth ryght wel the raynes and bladder.

Rape rotes and Rauetws. Ca. ix.

The iuyce made by them, is very grosse: And therfore beinge moche eaten, if they be not perfectly concocte in the stomake, they doo make crude or rawe iuyce in the baynes. Also if they be not well boyled, they cause wyndes, and annoyne the stomake, and make sometyme frettynges: If they

they be well boyled fyrst in cleane water, and that beinge cast away, the second tyme with fat fleshe, they nouryshe moche, and doo neither losse nor hynde the bealy. But Rauens do not nouryshe so moche as rapes, but they be euen as wyndye.

¶ Turnepes,

Beinge wel boyled in water, and after with fatte fleshe, nouryshe moche, augmēteth the sede of man, prouoketh carnall lust. Eaten raw, they styre vp appetite to eate, beinge temperarly bled, and be conuenient vnto them, whiche haue putrified matter in their breaſtes or lunges, causing them to spytte easly, but bringe moche and often eaten, they make rawe iuyce and wyndynesſe.

¶ Parsnepes and carettes,

They do nouryshe with better iuyce than the other rootes, specially carettes, whiche are hotte and dry and expelleth wynd. Not withstanding moche bled, they ingender pl iuyce: but carettes lasse than parsnepes, the one and the other expelleth brine.

Gal. simp.
med. li. 7.

¶ Raddyshe rootes,

Haue the vertu to extenuate, or make thyn, and also to warme. Also they cause to breake wynde, and to pylle: being eaten afore meales, they lette the meate, that it may not descende, but being eaten laſte, they make good digestion, and louscrib the bealy, though Galenus wyte contrarie. For I, amonge diuers other, by experience haue proued it: not withstandinge they be vnholſom for them, that haue continually the gout, or peynes

Paulus Eginera.
Dioſcorides.

Lib. 7. de
alimentis.

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in the stomacke.

Cathart.

It doth extenuate and cutte grosse humours, & spray, dissolueth grosse wyndes, and heateth all the body. Also openeth the places, which are stopped, generally where it is well digested in the stomacke: it is hollow to dyvers purposes, specially in the body, wherein is grosse matter, or much cold molsse. If it be sodden beneill it looseth his tartnesse, it doth somewhat nourisheth, and yet loseth not his property, to extenuate grosse humours: being sodden in mylke, it opposeth moche agaynste distillations from the heere into the stomacke.

Onions,

Do also extenuate, but the longe onions more than the rounde, the red more than the whyte, the dyer more than they whiche be greene: also raise more the sodden, they styre appetite to meate, and put away lethsomnes, and loose the dealy, they quicken syghe: and beinge eaten in great abundance with meat, they cause one to slepe soundly.

Leekes,

Be of pille syfte, and do make troublous dreames, but they do extenuate and cleuse the bodye, and also make it soloble, and prouoketh brine. Boile ouer it carefullye in sytte cause easily the fleume, whiche is in the breaste.

Sauge,

It heateth, and forme what bynderth, and therewith prouoketh brine, the decoction of the leaues and braunches beinge drunke: Also it stopperth bledgng

Galen. 7.
cap. 138.

bledynge of woundes, beinge layde vnto them.
 Wherover it hath ben proued, that woundes whi-
 che haue ben longe tyme without chylideme, and
 haue drunke .x. ounces of the iuyce of sauge, with
 a grayne of salte, a quarter of an houre before,
 that they haue accompanied with their husblandes,
 haue conceived at that tyme. It is hotte and dry
 in the thyrde degree, the blyng thereof is good
 agaynst palseys.

Slope.

Dothe heate and extenuate, wherby it digelleth
 stymplefleume: beinge prepared with fygges, it
 pourgeth fleume downewarde, with honys and
 water vpwarde, boyled in vyneger, it helpeth the
 colic ake, if the teethe be washed therewith, it is
 hotte and drye in the thyrde degree.

Bourage.

Comforteth the harte, and makethome merue,
 eaten rawe before meales, or layde in wyne that
 is drunke: Also mollifieth the beale, and prepa-
 reth to the Roale. It is hot and moyste in the myd-
 dell of the fyrst degree.

Sauerre.

Pourgeth fleume, helpeth digestion, maketh
 quicke sight, prouoketh vrine, and stretch carnal
 appetite: It is hot and dry in the third degree.

Rohat.

Heateth moche, and increaseth seede of manne,
 prouoketh courage, helpeth digestion, and some-
 what louseth. It is hotte and moyste in the se-
 conde degree.

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Cyme.

It dissolveth humours, breaketh the stone, expelleth urine, and ceaseth freattynge. It is hotte and drye in the thirde degree.

Penypalk.

Dothe encrease, heate, and decrease, it resourmeth the stomacke, oppressed with fleume, it dothe recomforte the saynt spirite, it expelleth melancoly by sege, and is medicinable ageynst many diseases. It is hot and drye in the thirde degree.

Cowmecesles.

Paulus discommenderh, sayeng, that it resteth from coction, and hurteth the stomacke, and maketh yll sapor in the body, taken as medicine, it helpeth many diseases. It is hotte and drye in the thirde degree.

Rosemarpe.

It dothe the vertue to heate, and therefore it dissolveth humours congeled with colde: It helpeth agaynst palsy, falling sickenes, olde diseases of the head, humours of freattynge, it prouoketh urine and sweat: it helpeth the cough taken with pepper and hony, it putteth away tothe ake, the roots beinge chewed, or the iuyce thereof put into the tothe: beings bound, the fume thereof resteth the pestilence: the rynde thereof sodden or burned, & the fume receyved at the mouth, stoppeth the reume, whiche falleth out of the heed into the chokes or throote: whiche I my selfe have proued; the grene leaues hysped, doo stoppe the hemorroides, if they be layde vnto them. this herbe

herbe is hotte and drye in the thirde degree.

¶ Spices growynge out of this realme vsed in meate or drynke. Cap. 10.

¶ Pepper.

Blacke pepper is hottest, and most dry, white pepper is next, long pepper is moſte temperate. The generall propertie of al kyndes of pepper is to heate the body: but as Galene ſayth, it percerth downewarde, and dothe not ſpreade into the vaynes, if it be groſſe beaten. It diſſolueth fleume and wynde, it helpeth digeſtion, expulſeth brine, and it helpeth agaynſt the diſeaſes of the breaſt, procedynge of colde. It is hotte in the fyrſte degree, and drye in the ſecond.

¶ Ginger.

Heateth the ſtomake, and helpeth digeſtion, but it heateth not ſo ſoone as pepper: but afterward the heate remayneth longer, & cauſeth the mouth to be moyſter: Being greene or well confectioned in ſyrupe, it comforteth moche the ſtomacke and heed, and quycheneth remembraunce, if it be taken in the morowe faſtynge. It is hotte in the ſeconde degree, and drye in the fyrſt.

¶ Gaſtron.

Somewhat byndeth, heateth and comforteth the ſtomake and the harte ſpecially, and maketh good digeſtion, being eaten or drynken in a ſmal quantitie. It is hotte in the ſeconde degree, and drye in the fyrſte.

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Clowes.

hath vertue to comfort the synewes, also to consume and dissolve superfluous humours. They be hotte and drie in the third degree: sodden with mylke, it comforteth the debilitie of nature.

Haces.

Wolcorides commendeth to be drunke against spitting of blod, & bluddy fluxes, & excessive laskes. Paulus Egineta addeth to it, that it helpeth the colicke: they be hotte in the second degree and drie in the thirde degree. It is to the stomake very commodious, taken in a lyttell quantitie.

Rutnigges.

With their sweete odour comforte and dissolve, and sometime comforteth the power of the sight, and also the brayn in colde distraies, and is hotte and drie in the seconde degree.

Of breade. Cap. xi.

Breade of fyne floure of wheate, haupnge
 no leupn, is slowe of digestion, and maketh
 stympe humours, but it nourisheth moche: if it be
 leupned, it digesteth sooner: breade haupng moch
 branne, fylleth the bealy with excrementes, and
 nourisheth lyttell or nothyng, but shortly descen-
 deth from the stomake: The meane betwene both
 sufficiently leupned, well moulded and moderat-
 ly baken, is the moste holsome to euery age. the
 greatest louses do nott the most fast, for as moch
 as the fyre hath not exhausted the moysture of
 theyn, Hotte breade, moche eaten, maketh fulnes
 and

and thyrste, and slowly passeth. Barley breadde
clenseth the body, and doth not nouryshe so much
as wheate, and maketh colder iuyce in the body.

Of fleshe. Cap. xii.

Beste of Englande to Englyshemen, whiche
are in helth, byngeth stronge nouryshe,
but it maketh grosse bloude, and ingendreth me-
lancoly: but being of yonge open, not excedynge
the age of foure yeres, to them, whiche haue co-
lectke stomakes, it is moze conuenient, than chy-
kens, and other lyke fyne meates.

Swynes fleshe.

About all kyndes of fleshe in nouryshe the
body, Calene most commendeth porke, not being
of an olde swyne, and that it be well digested of
hym that eateth it. For it maketh beste iuyce, it
is mozte conuenient for yonge persons, and them
whiche haue susteyned moche labour, & therewith
are fatigate, and become weake. yong pigges are
not comended before that they be one month old,
for they do brede superfluous humours.

Lambe,

Is bette moyste and fleumatike, wherfore it is
not conuenient for aged men, except that it be
very drye roasted, nor yet for them, whiche haue in
their stomake moche fleume.

Button,

Calene dothe not commende it, not withstan-
ding experience proueth here in this realme, that
yf it be yonge, it is a ryght temperate meate, and
maketh

De alim.
lib. 3.

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maketh good iuyce: and therfore it is vsed moze than any other meate, in all diseases. And yet it is not lyke good in all places, no; the shepe, whiche beareth fynest wolles, is not the sweetest in eatinge, no; the moste tender. But I haue founde in some countrys mutton, whiche in whynenes, tender nesse, and sweeten esse of the fleshe, mought be wel nygh comparated to kydde, and in digestion haue proued as holsome.

Kydde and beale,

Of Calene is commended nexte vnto porke, but som men do suppose, that in helth and siknes they be much better than porke, the iuyce of them both being moze pure. And here it is to be noted, that of all beastes, which be dyde of their nature, the yongest be mooste holsome: of them that are mooste, the eldest are lest hurtfull.

Hare, Conye,

Maketh grosse bloude, it dyeth and stoppeth, but yet it prouoketh a man to pylle. Cony maketh better and moze pure nourishment, and is sooner digested than hare. It is well proued, that there is noo meate moze holsome, or that moze cleane, firmlye, and temperatly norysheth thā tabettes.

Dere redde and salowe.

Hippocrates affyrmeth the fleshe of hartes and hyndes, to be of yll iuyce, hard of digestion and dye, but yet it moueth brine. Of salowe dere, he no; any other olde wyter dothe speake of, as I remember. I suppose, bycause there be not in all the world so many as be in England, where they consume

Hippo. de
ratione ui
ctus lib. 2.
cap. 19.
Plin. 28.

consume a good parte of the beste pasture in the realme, and are in nothyng profitable, sauyng that of the skynnes of them is made better lether, than is of calues: the huntynge of them beinge not so pleasant, as the huntynge of other venery or betwixne, the fleshe moche moze vnholosome and vnpleasant, than of a redde dere, ingendryng melancoly, and makynge many feareful dreames, and disposeth the bodie to a feuer, if it be moche eaten: not withstandinge the fatte therof, as some lerned men haue supposed) is better to be digested, than the leane.

Of Byrdes.

The fleshe of al byrdes, is moche lighter than the fleshe of bestes in comparison, most specially of those foules, whiche truste most to their wynges, and do brede in hygh countreys.

Capons, Hennes, and Chyckens.

The Capon is aboue all other foules passed, for as moche as it is easily digested, and maketh lyttell excre, and moche good nourishment. It is commodious to the breste and stomake.

Hennes in wynter, are almooste equall vnto the capon, but they do not make so stronge nourishment. Apocryph sayth, if they be roasted in the bealy of a kydde or lambe, they wyl be the better.

Chickens in sommer, specially if they be cockrelles, are very conuenient for a weake stomak, and nourisheth a lytel. The fleshe of a cocke is hard of digestion, but the brothe, wherin it is boyled,

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louseth the bealy, and haupng sodden in it cole-
wortes, Polypodium, or Cistarius, it purgith pl
humours, and is medicinable ageynste golwtes,
ioynt aches, and feuers, whiche come by courses.

Fesaunt,

Exceedeth all fowles in swetenesse and holsom-
nesse, and is equall to a capon in nourishyng, but
he is somewhat dryer, and is of some men putte in
cōparison, meane betwene a herme & a partriche.

Partryche,

Of all foules is most sonest digested: and hath
in hym moche nutriment, comforteth the bzapne,
and maketh sede of generation, and reuiueti lust
whiche is abated.

Quayles,

Although they be of some men commended, yet
experience proueth them to increace melancolpe,
and are of a small nourishynge.

Larkes,

Be as well the fleshe as the broth, very holsom.
eaten roasted, they do moche helpe ageynst the co-
lyke, as Dioscorides sayth.

Plouer,

Is slowe of digestion, nourysheth lytell, and in-
creaseth melancolpe.

Blacke byrdes or ouysls,

Amonge wylde fowle hath the chiefe prayse, for
lyghtnesse of digestion, and that they make good
nouryshment, and lytell ordure.

Sparowes,

Be harde to digest, and are very hotte, and sty-
ceth

reth by Venus, and specially the byrns of them,
woodcockes,

Are of a good temperaunce, and metely lyghte
in dygestion.

Pigeons,

Be easily digested, and ar very holson to them,
whiche are fleumatike, oꝝ pure melancoly.

Goose,

Is hard of digestion, but being pong and fatte,
the wynges be easy to dygeste in a hole stomake,
and nourysheth competently.

Ducke,

Is hoter than goose, & hard to digest, & maketh
wars twice, saving the byaunes on the brest bone,
and the necke is better than the remnaunt.

Crane and bustarde.

Crane is harde of digestion, and maketh ylle
suppe, but beinge hanged by longe in the ayre, he
is the lasse ynholosome. Bustarde being fatte, and
kept without meate a day oꝝ two afore that he be
kylled, to expulse his oꝝdure, and than dꝛawen,
and hanged as the crane is, beinge roasted oꝝ ba-
ken, is a good meate, and nourysheth well, if he
be well dygested.

Hearon, Byttour, Shouelar.

Beinge ponge and fatte, be lyghtlyer digested
than crane: and the byttour soner than the hea-
ron. And the Shouelar sooner than any of theym:
but all these fowles muste be eaten with moche
gynger oꝝ pepper, & haue good olde wine dꝛunke
after theym, and soo shall they be moze easlye

¶ ii

digested

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digested, and the iurce commynge of theym, be the lasse nopfull.

¶ The partes and members of byrdes and
beastes. Cap. 13.

The wynges byawnes and necke of gese, capons, hennes, fessant, partridge, and smalle byrdes beinge fatte, are better than the legges in digestion, and lyghter in nouryshyng. Of wylde foule and pygeons beinge fatte, the legges are better than the wynges: the byawnes of duche, teale, and wygeon except, whiche is better to digest, than the residue.

¶ The gyfar or stomake.

Of a goole or henne beinge fatte with byanne and mylke, beinge well sodden or made in poulder, is good for the stomake, in making it strong to digest, and nourysheth competently.

¶ The lyuer

Of a capon, henne, fessaunte, or goole, beinge made fatte with mylke myxte with their meate, is not onely easy to digest, but also maketh good iurce, and nourysheth excellently. But the lyuers of beastes be pll to digest, passeth slowly, and maketh grosse blode, but it is strong in nouryshyng.

¶ The inward of beastes, as trypes and
chytterlynges.

The fleshe of them is moze harde to digest. And therfore although they be wel digested, yet make they not iurce naturallye sanguyne or cleane,

cleane, but rawe iuyce and colde: and requyppeth
a longe tyme to be conuerted into bloude.

The lunges or lyghtes,

Are moze easy to digest, than the lyuer, and lasse
nourisheth, but the nourishment, that it maketh,
is fleumatike: albeit the lunges of a foze, is me-
dicinable for them, which haue siknes of þ lūges.

The splene or imple,

Is of pl iuyce, for it is the chamber of melācoly.

The harte,

Is of harde fleshe, & therfore is not well dige-
sted, nor passeth shortly, but where he is wel dige-
sted, the iuyce þ it maketh, is not to be dyspraised.

The bryayne,

Is fleumatike, of grosse iuyce, slowe in dyge-
sting, norouse to the stomake, but where it is wel
digested, it nourysheth moche.

Marowe.

Is moze dilectable than the bryayne, it is pill for
the stomacke, but where it is well digested, it no-
ursheth moche.

The stoness and vdders.

Beinge well digested, do nouryshe moche, but
the stoness are hotter with their moystnes, the vd-
ders colde and fleumatike, they both do increase
seede of generation: but the bloud made of the vd-
der is better than that, whiche cometh of the sto-
ness, excepte it be of calues and lambes. Also the
stoness of cockes, maketh comendable nourishment.

The heed,

The fleshe therof nourysheth moche, and aug-
menteth

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menteth feede: but it is slowe of digestion, and nopeth the stomake. but to them, whiche vse moche exercise, it is not discommendable.

The tounge,

Is of a spugge and sanguine substance, but the kernelles and gristell, whiche are in the rootes, if they be welld digested, they make good nourishment: if they be not welld digested, they make fleme.

The feete,

Beinge welld boyled and tender, in a holle stomake, dygesteth welld, and maketh good iurce, and passeth forth easily. Galene commendeth the fete of swyne. But I haue proued, that the feete of a ponge bullocke tenderly sodden, and layde in sowle two dayes or thre, and eaten colde in the euening, haue brought a colerike stomake into a good digestion and slepe, and therewith hath also expelled salt fleme and coler. and this haue I found in my selfe by often experience: alway forsene, that it be eaten befoze any other meate, with out dypnyng immediatly after it.

Of fyshe generally. Cap. xiiii.

The beste fyshe after the opinion of Galen, is that, whiche swymmeth in the pure see, and is tolled and lyfte vp with wyndes and sourses. The moze calme that the water is, the warle is the fyshe, they whiche are in muddy waters, doo make moche fleume and ordure: taken in fennes and dyches be warle, beinge in freshe ryuers, and

and swifte, be sometyme commendable: all be it generally, al kyndes of fysh maketh moze thinner bloud, than fleshe, so that it dothe not moche nouryshe, and it doth soner passe out by vapors: to a hotte colerike stomake, oꝝ in feuers, sometyme they be holsome, being newe, freshe, and not very harde in substance oꝝ stympe. harde fysh is harde of digestion, but the nourishment therof is moze firme, than that, whiche is soft: those which haue moche grosse humours in them, at best, poudred.

¶ Of Butter. Cap. xv.

Butter is also nourishynge, and profiteth to them, whiche haue humours superfluous, in the breste oꝝ lunges, and lacketh rippynge and clensynge of theym: specially if it be eaten with sugar oꝝ honye. If it be well salted, it heateth and clenseth the moze.

¶ Of Chese. Cap. xvi.

Chese by the hole sentence of all wyters, letteth digestion, and is ennemye vnto the stomake. Also it ingendryeth yll humours, and breedeth the stone. The chese which doth leest harme, is soft chese, reasonably salted, which some men do suppose, nourysmeth moche.

¶ Of Egges. Cap. xvii.

Egges of fesauntes, hennes, and partriches, be of all other meates moste agreeable vnto nature,

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nature, specially if they be newe layde: If they be rare, they do cleane the throte and brest. If they be harde, they be slowe in digestion, but beinge ones digested, they do nourishe moche. Meane betwene rare and harde, they digest conueniently and nott the quickly. Egges well poched, are better than roasted. If they be fried harde, they be of yll nourishment, and do make stynkyng fumes in the stomake, and do corrupt other meates with whome they be myngled. They be most wholesome whan they be poched, and moste vnhollosom whan they be fryed. Dioscorides sayth, If they be souped warme, befoze any other meat, they do heale the grefes of the bladder and raynes, made with grauell: also sozenes of the chekes & throte, and spittynge of bloude: and they be good agaynst catarrhes or stilling out of the hed into the stomak.

¶ Of drynkes, and fyrste of water.

Capitulo 18.

VUndoubtedly water hath preeminence aboue all other lycoures, not onely bycause it is an elemēt, that is to say, a pure matter, wherof al other lycours haue their original substance: but also forasmuche, as it was the very naturall and fyrst drynke to all maner of creatures. wherfoze the sayeng of Pindarus the poete, was euer well allowed, whiche saythe, water is beste. And one thynge is well considered, that from the creation of the worlde, vntyll the vniuersall deluge or floudde, during which tyme, men lyued eight or nyne

oꝛ nyne hunderde yeres, there was none other
 drinke bled noꝛ knowen, but water. Also the true
 folowers of Pythagoras doctrine, dranke onely
 water, and yet lyued longe: as Apollonius and
 other: and in the scrchpnyng out of secrete and mi-
 sticall thynges, their wyttes excellyd. Moreouer,
 we haue sene men and women of great age, and
 stronge of body, whych neuer oꝛ verpe seldome,
 dranke other drinke, than pure water: As by ex-
 ample in Cornewall, although that the countrey
 be in a very colde quarter, whiche proueth, that
 if men from their infancye, were accustomed to
 none other drinke, but to water onely, moderately
 bled, it shuld be sufficient to kepe naturall mor-
 ture, and to cause the meat that is eaten, to perce
 and descende vnto the places of digestion, which
 are the pourposes that drinke serueth foꝛe. But
 nowe to the qualities of water, after the sentence
 of auncient philosophers and phisitions, The
 rayne water, after the opinion of the most men, if
 it be recepued pure and cleane, is most subtyl and
 penetratiue of any other waters: the next is that,
 whiche issueth out of a spring in the east, and pas-
 seth swiftly among great stones oꝛ rockes: The
 thirde is of a cleane ryuer, whych renneth on
 greate harde stones oꝛ pebles. There be dyuerse
 meanes to trie out, whiche is the beste water. Foꝛ
 that whiche is lightest in poyle oꝛ weight is best.
 also that, wherof cometh leest skymme oꝛ frothe,
 whan it doth boyle. Also that, which wyl soonest
 be hot. Moreouer deape linnen clothes into son-

De ratione
uictus in
mor. acus-
tis lib. 3.

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dry waters, and after lay them to dry, & that whiche is sonest dry, the water wherein it was deaped, is most subtyll. After a great surfete, colde water drunken, is a general remedy. Hippocrates affirmeth, & in sharp and feruent diseases, none other remedy is to be required, than water. And Galen wyl not, that chyldren shuld be let from drynking of water: but that whan they fele them selves very hote, after meales, and do desyre to drynk water, specially of a cleane fountayne, they shuld be suffred. Also Hippocrates sayth, In such syknes, where as thou fearest, lest the heed shuld be vehemently greued, or the mynde perished, there must thou giue epyther water, or white wine alayd with moche water. Not withstanding there be in water causes of dryuers diseases, as of swelling of the splene, and the liver, it also flytteth & swymmeth, and it is longe or it perceth, in as moche as it is solde & slowe in decoction, it lowseth not the bely, nor prouoketh brine. Also in this it is bycious, that of his proper nature, it maketh none oydure. Finally, alway respect muste be hadde to the person, that drynketh it. for to yong men, and them, that be hotte of complexion, it dothe lasse harme, and somtyme it profyteth. but to them that are feble, olde, fleumatike, or melancoly, it is nat couenyent.

¶ Of wyne. Cap. xix.

Plato, the wysest of all phylosophers, dothe affirme, that wyne moderately drunke, nourisheth

ryfyeth and comforteth, as well all the bodye, as the spirites of man. And therfore god dyd ordeyn it for mankynde, as a remedy agaynst the incommodities of age: that thereby they shulde seme to retourne vnto youth, and forgette heynnes. Undoubtedly wyne heateth and moysteth the bodye, whyche qualities chiefly conserueth Nature.

And Galene of all wynes, comendeth that, which is yelow and clere, saying, That it is the hottest, and whyte wyne lesse hotte. And the colour meane betwene both of semblable temperature. The yelow wyne, which is the proper colour of very hotte wynes, to olde men dothe byynge these comodities, fyrst it heateth all their members: also it purgeth by brine, the watry substance of the blood. Moreover, the wynes, which be pale or yelow, and full of substance, they do increase bloude, and nourishe the bodye: but for the more part olde men haue nede of suche wynes, which do prouoke brine: forasmuche as in them doo abounde watry excrementes or superfluities. And they which do tary longe in the bealy, be not apt for aged men. Blacke or deepe redde wynes and thicke, do bind and congele that which they doo fynde in the body, and although some of them do not long abyde in the bealy, yet they moue not brine, but rather withdraueth: but yet they doo harme to olde men, forasmuche as they do stoppe the cundites of the spleene, the lyuer, and the raynes. Also grosse wines be best for them, which desire to be fat, but it maketh opilations: olde wyne

THE SECONDE

Lib. 1. de
suen. sani.

and cleere, is better for them, that be fleumâtike. Galene also prohibith chylberne to drynke any wyne, forasmuche as they be of a hote and moist temperature, and so is wyne: and therfore it heateth and moisteth to moche their bodies, and fillethe their heedes with vapours. More ouer he wolde, that yonge men shalbe drinke lyttel wyne, for it shall make them prone to fury and to lechery: and that parte of the soule, whiche is callyd rationall, it shall make troublous and dulle: not withstanding, yet it is somtyme profitable to mitigate or expell ordure, made of coler or melancholy. Also it profyteth agaynst dysthe, whiche happeneth in the substance of the body, either by to moche labour, or by the proper temperature of age: for wyne moisteth and nourisheth that, which is to dys, also mitigateth and dissoluethe the sharpnes of coler, & purgeth it also by brine & sweate: finally (as Theognes saith) Much drynkyng of wyne is yll, but moderate drynkyng of wyne is not onely not yll, but also commodious and profitable. Whiche sentence is confirmed by Iesus Syrac, in the booke named Ecclesiastic, sayinge, wyne moderately drunke, reioysseth both the body and soule. wherfore to conclude this chapter, There is neyther meate nor drynke, in the vse wherof ought to be a more discrete moderation, than in wyne, consideringe that being good and drunke in due tyme and measure, it not only conserueth naturall and radicall moisture, wherby lyfe indureth, but also it helpeth the principall members

Eccles. 31.

members, whiche belong to digestion, to do their office: On the other parte, being yll or corrupt, or taken out of order and measure, it dothe contrary to all the p̄misses. besydes that it transfozmeth a man or woman, makynge them beastly. Those of the qualitties of wyne, shall be touched hereafter in the order of diete.

¶ Of Mylke. Cap. xx.

Mylke is compact of thre substances, creame, whey, & cruddes. The moste excellent milke is of a woman. The mylke of a cow is thickest, the mylke of a camell is most subtyl, the mylke of a goote is betwene cowe milke, and camell mylk. Ewes mylke is betweene cowe mylke and asses mylke. Also the mylk of beastes, fedpyng in large pastures, and out of fennes and marshes, is better than of them, whiche be fedde in lytell closes, or in watry groundes. In spryng tyme mylke is most subtyll, and milke of yong beastes, is holstomer, than of olde. To chyldren, olde men, and to them, which be oppressed with melancoly, or haue the fleshe consumed with a feuer ethike, mylke is conuenient. And generally to all them, which do not fele the mylk rise in their stomakes, after that they haue eaten it: and in those persons, it dothe easily pourge that whiche is in the bealye superfluous. And afterwarde it entreteth into the baynes, and byngeth good nourishment. Who so euer hath an appetite to eate or drynke mylke, to

THE SECONDE

the entent that it shal not arise oꝝ abraide in the sto-
make, let him put into a vessell, out of the whiche
he wyl receiue it, a few leaues of myntes, sugar,
oꝝ pure hony. And into that vessell cause the best
to be mylke, and soo dꝛynke it warme from the
boddie: oꝝ els let him do as Paulus Egineta tea-
cheth, that is to say, boyle first the milke with an
easie fire, & sethe it after with a hotter fire, & skym
it cleane, and with a sponge deaped in cold water,
take that cleane away, which wolde be burned to
the vessell, than put to the mylke, salt and sugar,
& steepe it often. Moze ouer mylke taken to purge
melancoly, wolde be dꝛunke in the moꝛning abun-
dantly newe mylke, as is befoꝛe wꝛitten. And he
that dꝛynketh, shuld absteyn from meate, and ex-
ercise, vntyll the mylke be digested, and haue som
what purged the bealy. Foꝛ with labour it beco-
meth soure: & therfoꝛe it requyꝛeth rest & watch oꝝ
to walke very softly. Finally, where men & womē
be bled from their childhode, foꝛ the moze part, to
mylk, and do eate none oꝝ lyttell other meate, but
mylke and butter, they appere to be of good com-
plexion and facion of body, & not so moche bexed
with specknes, as they whiche dꝛinke wine oꝝ ale:
not withstanding moch vse of milke in men san-
guine oꝝ colerike, both ingender the stone.

Oribasius
de confe-
ctione cis-
torii li. 3.

Of ale, biere, cyder, and whay.

I Can nether here noꝛ rede, that ale is made &
bled foꝛ a cōmon dꝛynke in any other countray
than

than England, Scotland, Ireland, & Poyle. The
latyn worde *Cereuicia*, is indifferent as wel to ale
as to biere, and the only difference betwene them
is, that biere hath hoppes sodden in it, ale ought
to haue none. If the coꝛne be good, the water
holsome and cleane, and the ale oꝛ biere well and
perfyctely bꝛewed and clenſed, and by the ſpace
of ſix dayes oꝛ moꝛe, ſettled and deſecate, it muſt
nedes be a neceſſary & conuenient dꝛynk, as well
in ſyknies as in helth: conſideringe that barleye
coꝛne, wherof it is made, is commended, and vſed
in medicine, in all partys of the world, & accom-
peted to be of a ſingular efficacy, in reducyng the
body into good temper, ſpecially which is in a di-
ſtemperature of heate. foꝛ what auncient phi-
ſition is there, that in his woꝛkes commendeth
not pꝛyſane, whiche is none other than pure bar-
ley, bꝛayed in a moꝛter, and ſodden in water. The
ſame thynge is ſmalle and cleane ale oꝛ biere, ſa-
uyng that perchaunce, the dꝛyenge of the malte,
is cauſe of moꝛe dꝛyth to be in the ale, than in pꝛi-
ſane. And the hoppes in biere maketh it colder in
operation. But to ſay as I thynke, I ſuppoſe, &
neither ale noꝛ biere is to be compared to wyne,
conſideringe, that in them do lacke the heate and
moꝛſture, which is in wyne. foꝛ that being mode-
rately vſed, is moſt lyke to the natural heate and
moꝛſture of mans bodye. And alſo the lykour of
ale & bere beinge moꝛe groſſe, do ingender moꝛe
groſſe vapours, and coꝛrupt humoꝛs, than wyne
doth, beinge dꝛunke in lyke exceſſe of quantitie.

And

THE SECONDE

And one thyng is to be noted, which was lately well marked of a man of excellent learning, being vexed with the sickness of the stone, That in them, which do alway vse to drynke ale or bere, the stone and grauell ingendred in them is white of colour: And in them, which do vse to drynke wine for the more parte, the stones and grauelle, which be ingendred in them, be redde of colour. Not withstandinge commonly the colour of the stone foloweth the humour, which dothe moste abound in the patient. As coler maketh the grauell more redde, flemme maketh it more white. also some men do suppose, that red grauell is ingendred in the raynes, white grauell in the bladder. Moreover, who so euer vseth ingurgitation of ale or bere, his breath shalbe more lothsom, than the breathes of them, which do take the excesse of wyne: for the wyne by the reason of his heate, is soner digested, and dothe leaue behynde hym fewer dregges. As for Cyder, may nat be good in any condicion, consydering (as I sayd) that all frutes do ingender yll humours, and doo coole to moche naturall heate: but to them, which haue abundance of red coler, moderatly vsed, it somewhat profiteth in mitigation of excessive heate. But who that wyl diligently marke in the countreys, where syder is vsed for a common drynke, the men and women haue the colour of their visage pallid, and the skynne of their visage ruellid, although that they be yonge. whay, if it be left of the butter, beinge well ordred, and not drunke,

dyunke, vntyll it haue a thynke curde of mylke ouer it, like to a hatte, is a right temperate dyunke, for as moche as by the vnctuositie of the butter, wherof the whay retayneth som portio, it is both moyst and nourishyng, and clenseth the breste: and by the subtylnes of it selfe, it descendeth sone from the stomake, and is shortly digested. Also by reason of the affinitie, whiche it hath with mylk, it is conuertible into bloude and fleshe, specially in those persons, whiche doo inhabyte the northe partes, in whom naturall heate is conglutinate, and therfore is of moze puissance and vertue in the offyce of concoction. Also custome from childehode doth eleuate the power of meates and dyunkes in their disposition, not withstandinge that the foure humours, sanguine, coler, fleume, and melancoly, must also be consydered, as it shal appere in dyuers places hereafter.

¶ Of honye. Cap. xxi.

Honpe as well in meate as in dyunke, is of incomparable efficacy, for it not onely clenseth, altereth, and nourisheth, but also it long time preserueth that vncoorrupted, which is put in into it. In so moche as Pliny sayth, Suche is the nature of honye, that it suffreth not the bodie to putrefie. And he affirmeth, that he dyd se an Hippocentaure (which is a beaste halfe man, half horse) brought in honye to Claudius the emperour out of Egypte, to Rome. And he telleth also of oone

Plin. li. 22.

THE SECONDE

Pollio Romulus, who was aboue a hundzed yer-
res olde, of whome Augustus the emperour de-
manded, by what meanes he lyued so longe, and
retayned styll the byggout oꝝ lyuelynes of body &
mynd. Pollio answered, ꝑ he did it in warde with
meade (which is drinke made with hony & water)
outward with oyle. whiche sayeng agreeth with
the sentence of Democritus, the greate philoso-
pher: who being demanded, how a man mought
lyue longe in helthe, he aunswered, If he wette
hym within with honye, without with oyle. The
same philosopher, whan he was a hundzed yerres
olde and nyne, prolonged his lyfe certayn dayes
with the euapozation of honye, as Aristoreus
wryteth. Of this excellent matter, moſte wonder-
fully wrought and gathered by the lyttell bee, as
wel of the pure dewe of heuen, as of the most sub-
tyl humoz of swete & vertuous herbes & floures,
be made lykys comodious to mākynd, as mead,
metheglyn, and orpymell. Meade, whiche is made
with one parte of hony, and foure tymes so moch
of pure water, and boyled vntyll no skym do re-
mayne, is moche comended of Galene, drunke in
sommer, soꝝ preferuynge of helth. The same au-
thoꝝ alway commendeth the vsynge of hony, e-
ther rawe eaten with fyne bzeadde, somewhat le-
uened, oꝝ sodden, and recepued as drinke. Alsoo
meade perfectly made, clenseth the brest and lun-
ges, causeth a man to spytte easily, and to pſſe a-
bundantly, and purgeth the bely moderatly. Me-
theglyn, whiche is moſte bled in wales, by reason
of

Galen. de
tuend. fa-
nira. li. 4.

of hotte herbes boyled with hony, is hotter than meade, and moze comfozteth a colde stomake, if it be perfectly made, and not new oꝝ very stale. Orimell is, where to one part of vineger is put double so moche of hony, foute tymes as moche of water, and that being boiled vnto the third part, and cleane skymmed with a fether, is vlsed to be taken, where in the stomacke is moche fleunie oꝝ matter vndigested, so that it be nat redde choler. Loke the vls thereof in Alexandro Tralliano. Many other good qualities of honye, I omitt to write of, vntyll some other occasion shall happen, to remember them particulary, where they shall seme to be profitable.

¶ Sugar. Cap. xlii.

Of Sugar, I do fynd none auncient authoꝝ of grekes oꝝ latynes, to write by name, but onely Paulus Aegineta, who sayth in this wise, after that he hath treated of hony. Moreover sugar, whiche they calle hony, that is brought to vs from Arabia, called Felix, is not so sweete as oure hony, but is equall in vertue, and doth not anoy the stomake, noꝝ causeth thyrst. These be the wordes of Paulus. It is nowe in dayely experience, that Sugar is a thyng verie temperate and nourysshynge, and where there is choler in the stomacke, oꝝ that the stomacke abhorreth honye, it maye be vlsed foꝝ honye in all thynges, wherein hony is required to be.

THE SECONDE

Of tyme. Cap. xxiii.

In the consyderation of tyme, for takynge of meates and drynkes, it is to be remembred, that that in winter meates ought to be taken in great abundance, and of a moze grosse substance than in sommer, forasmoch as the exteriour ayre, whiche compasseth the bodye being colde, causeth the heate to withdraue into the inner partes, where beinge inclosed, and contract togyther in the stomake and entraples, it is of moze force to boyle and digesse that, whiche is recepued into it. Also meates roasted, ar than better than sodden, & fleshy and fyne powdred, is than better than in somer. Herbes be not than commendable, specially raw, neither frutes, excepte quynces roasted or baked: drynke shuld be than taken in a lyttell quantitie. Moze ouer wyne shall nede no water or very lytell, and that to coleryke persones: redde wyne, and they, whiche be thycke and swete, may be thā mooste surely taken of them, whiche haue none opilations, or the stone. Alway remember, that in wynter fleume increaseth by reason of rayne and moystnes of that season, also the length of nightes and moche rest. And therfore in that tyme colerike persons, at best at ease, semblably at yong men, but to olde men wynter is enemy. It beginneth the. viii. day of Nouember, and endureth vntyll the. viii. day of February.

The sprynge tyme dothe participate the fyyste parte with wynter, the later parte with sommer.

xxher=

Cal. in cō
ment. in 2
pho. 2. li. 3

wherfoze if the fyrst parte be colde, than shal the diete be accordyng to wynter. If the ende be hot, than shal the diete be of sommer. If both partis be temperate, thā shuld there be also a temperāce in diete: alway consyderinge, that fleume yet remaineth, and bloude than increaseth. And meate wolde be lasse in quantitie thanne in wynter, and drynke somewhat moze. Spynge tyme begynneth the. viii. day of february, and cōtinueth vntyll the. viii. day of May.

In Sommer the inward heate is but lytel, and the stomake doth not digest so strongly nor quickly, as in wynter. wherfoze in that season, eating often, and a lyttell at ones, is mooste conueniente. And Damascenus sayth, that fastyng in sommer dyeth the bodye, maketh the colour salowe, ingendzeth melancolye, and hurteth the syght. also boyled meate, breade steved in white brothe, with sodden lettysse, or cyphorie, ar than good to be vsed. also varietie in meates, but not at one meale, potages made with colde herbes, drynke in moze abundance, wyne alayde with water, to hotte complexions moche, to colde natures lasse. In this season bloude increaseth, and towarde the ende therof, coler. And therfoze they, which be cold of nature and moyst, are than best at ease, hotte natures and drye warste. Howeuer childerne, and very ponge men in the begynnynge of sommer, at holest, olde folke in the latter end, and in haruest. somer begynneth the. viii. day of May, and continueth vntyll the. viii. day of August.

Hippocrates de natura humana.

Gal. com. in aphor. 18. 11. 1.

Hippocrates de humoribus.

Galen. in commen. in aphor.

THE SECONDE

Autumne begynneth the. viii. day of August, and endeth the. viii. day of Nouember, that season of the yere is variable, and the aire changeable, by occasion wherof, happen sondry syknesses, and blode decrease, and melancoly aboundeth: wherfoze all summer fruites wold than be eschewed, forasmuche as they make pl supce and wyndes in the body. In this tyme meate wold be moze abundant than in sommer, but somewhat drier: drinke must be lasse in quantitie, but lasse myxt with water. This tyme is dangerous to all ages, al natures, and in all countreys, but the natures hotte and moyst, be lesse indamaged.

Diete concernynge sondrye tymes of the yere,
wrytten by the olde phisition Diocles
to kynge Antigonus.

From the. xii. day of December, at the whiche time the day is at the shortest, vntyl the ninth day of Marche, whiche do conteyne. lxxx. days, reumes and moystures do increase, than meates and drinks naturally very hot, wold be moderately vsed. Also to drinke wyne abundantly withoute alape or with lyttell water, and to vse lybically the company of a woman, is not vnholsum to the body.

From the nyntythe daye of Marche, at whiche tyme is *aequinoctium uernum*, vnto the. xxv. daye of Apryll, swete fleume and bloud do increase, therfoze vse than thynges haupnge moche supce and
Sharpe

Sharpe exercise the body diligently, than maye ye vse safely the company of a woman.

From the. xxv. day of Aprill, to the. xiiii. daye of June, Choler increaseth, than vse all thinges that are swete, and do make the bealy soluble, forbear carnall company with women.

From the. xiiii. daye of June, at whiche tyme the day is at the leigest, vnto the. xii. day of September, both melancoly teigne, forbear lechery, or vse it moderatly.

From the. xii. daye of September, vnto the. xvii. daye of October, doo abounde fleume and thynne humours, than wolde all fluxes and distillations be prohibited, than all sharpe meates and drynkes, and of good iuyce, are to be vsed, and lechery eschewed.

From the. xvii. day of October, to the. xii. daye of December, increaseth grosse fleume, vse therefore all bytter meates, swete wyne, fatte meate, and moche exercise.

Of ages. Cap. xxv.

Children wolde be nourished with meates and drynkes, whiche are moderatly hotte and moist, not withstandinge Galene dothe prohibite the vse of wyne, bycause it moisteth and heateth to moche the body, and fylleth the heedes of them, whiche are hote and moist, with vapours. also he permitteth them in hotte wether to drinke cleere water of the fountayne,

Galen. de
tuen. sani.
lib. prim.
Children.

A childe

THE SECONDE

Oribasius
de uirtute
simp. li. i.

A chylde growynge faste in his members towarde a man, so that he semeth well fedde in the body, is than to be feared of fulnesse of humors, and if it be perceiued, that he is replete, thā muste be withdrauen and minyshed some parte of that nutriment, and accorpyng vnto his age, some euacuation wolde be deuised, otherwhile by exercise, walkynge bp and downe fastyng, and befoze that they eate any meate, let them exercise theym selves with their owne labours, and do their accustomed busynes, and eate the meates, wherbynto they be most bled, so that it be suche, that maye nat hurte theym. And this nede they not to know of phisitions, but by experiēce and diligent serch by their stoole, their noutices shal percepue what digesteth well, and what dothe nat.

But if it appere, that by excessiue fedynge, the bealy of the chylde is fuller and greater than it was wonte to be, and that whiche passeth by the bealy, is corrupted, oꝝ his sweate synketh. These thinges knowen, if they eate strong meates, giue them not one kynde of meate, but dyuers, that the noueltie of the meate may helpe, that they maye go moze easily to the stoole. For if any haue an vntreasonable appetite, he is sooner recovered, if he be pouged by a boyle oꝝ impostume commen forthe and broken, befoze that the meate be corrupted: and after that let hym eate fyne meates, and beinge ones hole, retourne by lyttell and lyttell to his olde custome.

Yong mē

Exonge men, excedynge the age of. xiiii. yeres,
shall

shall eat meates moze grosse of substance, colder and moister: also salades of cold herbes, and to drynke seldome wyne, excepte it be alayd with water. Albeit all these thynges must be tempered, accordyng to their complexions, and exercise and quietnesse in lypnyng, wherof ye shall rede in their proper places hereafter.

Olde men, in whom naturall heate & strength semeth to decay, shuld vse alway meates, whiche are of qualitie hotte and moiste, and therewithall easy to be digested, and absteyne vtterly from all meates and drynkes, which wyl ingender thicke iuyce and symy, semblably from wyne, which is thyncke, swete, and darke redde wynes, and rather vse them, which wyl make thynne humours, and wyl purge wel the bloud by vrine: therfoze white o; yelow wynes, and perchance frenche claret wyne at for them very comendable. Also wyne prepared with pure honny clarified, wherin rootes of persely o; fenel be stieped, specially if they suspect any thing of the stone, o; goutte. And if they inoze desyre to clense their raynes and bladder: than is it good to vse smal white wyne, as racked renishe wyne, o; other like to it, and somtime to stepe ouer nyght therein a persely rote slyt, & somewhat bzutted, and a lytel lykoyce. fynally, let them beware of all meates, that wyl stoppe the poyes, & make obstructions o; oppilations, that is to saye, with clammy matter stoppe the places, where the naturall humours are wrought & digested, the whiche meates I haue befoze set in a table. But if it

Olde men.

Paulus E.
ginera. l. i.
cap. 23.

Oppilations
what they
are.

THE SECONDE

chance them to eat any suche meate in abundance, let them take shortlye suche thynges, as do resiste oppilations; or resolute them. As white pepper brused & mixt with theire meates or drink: garlyke also, or onions, if they abhorre them nat. Alway remember, that aged men shuld eat oftē, and but lytell at euery tyme, for it fareth by them, as it dothe by a lampe, which is almoste extincte, which by pouring in of oyle lytel and litel is long kept bournynge: and with moche oyle poured in at ones, it is cleue put out. Also they must forbear all thynges, which do ingender melancoly, whereof ye shall rede in the table befoze: and breadde cleane without leuen is to them vnholosome.

¶ Moderation in diete, hauyng respect to the strength or weakenes of the person. Cap.xxvi.

Nowe here it must be cōsidred, that although I haue wrytten a general diet for euery age, yet nethelesse it muste be remembred, that somme chyldzen and yong men, either by debilitie of nature, or by some accidentall cause, as syckenes, or moche studie, happen to gather humours fleumatik or melancoly in the places of digestion, so that concoction or digestion is as weake in them, as in those, whiche are aged. Semblablye, some olde men fynde nature so beneficiall vnto theym, that their stomakes and lyuers are moze stronge to dygeste, than the yonge men, somme perchauce haue moche coler remaynyng in theym.

In

In these cases the sayd ponge men muste vse the diete of olde men, or nrygh vnto it, vntyll the dyscrasy be remoued, haupng alway respect to their vniuersall complexions, as they, whiche ar naturally colerike, to vse hotte thinges in a moze temperance than they, whyche be fleumatyke, or melancoly by nature. The same obseruation shall be to olde men, saypng that age, of his owne propriettie is colde and drye, therfoze the olde man, that is cholerycke, shall haue moze regarde to moysture in meates, than the yonge man, beinge of the same complexyon. Forseene alwaye, that where nature is offended or greued, she is curyd by that, whiche is contrary to that, whyche offendeth or greueth, as colde by heate, heate by colde, drythe by moysture, moysture by drythe. In that wherby Nature shoulde be nouryshe, in a hole and temperate body, thinges must be taken, whiche are like to the mannes nature in qualitie and degree. As where one hath his bodye in a good temper, thynges of the same temperaunce dothe nouryshe hym. But where he is out of temper, in heate, colde, moysture, or drythe, temperate meates or drynkes, nothyng do profyte hym. For beinge out of the meane and persfytte temperature, nature requyrez to be therto reduced by contraries, remembryng not oonely, that contraries are remedye vnto their contraries, but also in euery contrary, consideration be hadde of the proportion in quantitie.

Hippocra.
aphor.
Galen. in
comment.

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Tymes in the day concernyng meales. Cap. xxvii.

Besides the tymes of the yere and ages, there be also other tymes of eatyng and drynkynge to be remembred, as the sondry tymes in the day, whiche we call meales, which are in number and distance, according to the temperature of the countrey and person: As where the countrey is colde, and the person lusty, and of a ströge nature, there may mo meales be vlsed, o; the lasse distaunce of tyme betwene the. Contrary wise in contrary contrais and personages, the cause is afoze reherseb, where I haue spoken of the diete of the tymes of the yere, not withstanding here must be also consideration of exercise and rest, which do augment o; appaite the naturall disposition of bodies, as shalbe moze declared hereafter in the chapter of exercise. But concernynge the generall vsage of countreys, and admitting the bodies to be in perfect state of helthe, I suppose, that in Englande, pong men, vntil they come to the age of .xl. yeres, may wel eate thye meales in one day, as at brykefast, dyner, and supper, so that betwene brykefast, and diner, be the space of foure houres at the lest, betwene diner and supper. vi. houres, & the brykefast lasse than the dyner, and the dyner moderate, that is to say, lasse than sacietie o; fulnesse of bea-ly, and the drynke ther vnto mesurable, according to the drynesse o; moistnes of the meate. For moche abundance of drynke at meale, doth wneeth the meate eaten, and not only letteth conuenient concoction

coction in the stomake, but also causeth it to passe faster than nature requirerh, and therfore ingendereth moche fleume, and consequently reumes, & crudenes in the baynes, debilitie and slippernes of the stomacke, contynuall fluxe, and many other inconueniences to the body and members.

But to retourne to meales, I thynke byakefastes necessary in this realme, as well for the causes befoze reherfed, as also forasmuch as coler beinge feruent in the stomake, sendeth by fumosities vnto the brayne, and causeth heed ache, and sometyme becommeth aduste, and smouldreth in the stomake, wherby happeneth peryllous sykenes, and somtyme sodayne deathe, if the heate inclosed in the stomake haue nat other conueniente matter to worke on: this daily experience proueth, and naturalle reason confirmeth. Therfore men and women not aged, haupyng their stomackes cleane without putrified matter, slepyng moderately and soundly in the nyght, and seipng them selfe lyght in the moynyng, and swete byethed, let them on goddis name byake their fast: Colerike men with grosse meate, men of other complexiōs with lyghter meate. Forseene, that they labour somewhat befoze: semblably their diner and supper, as I haue befoze wrytten, so that they sleape not incōtinent after their meales. And here I wyl not recyte the sentences of authoys, whiche had neuer experience of Englyshe mens natures, or of the iuste temperature of this realme of Englande, onely this counsaile of Hipocrates shall

Hipoc. 2.
phor. 18.
lib. 1.
Galen. de
tuen. sani.

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be sufficient. We oughte to graunt somewhat to time, to age, & to custom: not withstanding where great wearinesse oꝝ dyth, greueth the body, there ought the dyner to be the lesse, and the longer distance betwene dyner and supper. also moch rest, excepte a lyttell softe walkynge, that by an vpright mounynge, the meate beinge styed, may descende. This is alway to be remembred, that where one feleth hym selfe full, and greued with his dyner, oꝝ the sauoure of his meate by eructation ascendeth, oꝝ that his stomake is weke by late syknes oꝝ moche study, thā is it moſte conuenient, to absteyne from supper, & rather prouoke hym selfe to slepe moch, than to eate oꝝ dyinke any thing. also to dyinke betwene meales, is not laudable, excepte very great thirſte conſtrayneth, foꝝ it interupteth the office of the stomake in concoction, & causeth the meate to passe faster thā it shuld do, & the dyinke being cold, it rebuketh naturall heate that is workynge, and the meate remainynge raw, it corrupteth digestion, & maketh crudenes in the vaines. wherfoze he þ is thirſty, let him consider the occasion. If it be of salt ſleme, let him walke faſte & sofly, and only waſhe his mouth and his throte, with barley water, oꝝ with ſmall ale, oꝝ lye downe and ſlepe a littel, and ſo the thirſt wil paſſe away, oꝝ at the leaſt be wel aſſwaged. If it happē by extreme heat of the aire, oꝝ by pure coler, oꝝ eating of hotte ſpices, let him dyinke a lyttell walep made with cleane water and ſugar, oꝝ a litle ſmal biere oꝝ ale, ſo that he dyinke not a great glut, but
in a

in a lytel quantite, let it styl downe softly into his stomak, as he sitteth, & than let him not moue suddenly. If the thirst be in the euenyng, by eatinge to moche, and drynking of wine, than after the opinion of the best lerned phisitions, and as I my self haue often experienced, the best remedy is, if there be no feuer, to drynke a good draught of cold water immediatly, or els if it be not peynesfull for him, to vomite, to prouoke him therto with a litle warm water, & after to washe his mouth with vinegar & water, and so to slepe long & soundly, if he can. And if he in the moynynge he fele any fumosities risynge, than to drynke iulep of biolettes, or for lacke thereof, a good draught of berpe smalle ale or biere, somewhat warmed, without eatynge any thyng after it.

Of diuersitie of meates, whereby heathe
is appoyred, Cap. xxviii.

Nowe let this be a generall rule, that sondy meates, being diuers in substance and quality, eaten at one meale, is the greatestt enemy to helth, that may be, & that whiche ingendyeth most syknesses. for som meates being grosse, and hard to digest, some fyne and easy to digest, do require dyuers operations of Nature, and dyuers temperatures of the stomake, that is to saye, moche heate, and temperate heate, whiche maye nat be togither at oone tyme. therfore whanne the fyne meate is sufficientely boyled in the stomacke,
the

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the grosse meate is rawe, so bothe suppes, the one good and perfite, the other grosse and crude, at one tyme digested, and sente into the haynes and body, nedes must helthe decay, and sicknesses be ingendred. Like wyse in dyuers meates beinge dyuers qualities, as where some are hot & moist, some colde and moiste, some hotte and drie, some colde and drye, accoꝝdyng the vnto shall the iuice be diuers, which they make in the body. And like as betwene the sayd qualities is contrarietie, soo thereby shall be in the body an vnequall temperature, forasmuche as it is not possyble for man to esteeme so iust a propozcion of the qualites of that whiche he receyuech, that the one shall nat excede the other in quantitie. wherfoze of the sayd vnequall mixture, nedes must ensue corruption, and consequently syknes. And therfoze to a hole man it werc better, to fede at one meale competently on very grosse meate only, so that it be swete, and his nature do not abhorre it, than on diuers fine meates, of son dry substance & qualities. I haue knowen and sene olde men and old women, whiche eatynge onely biese, bakon, chese, or curdes, haue continued in good healthe, whome I haue proued, that whan they haue eaten sondrye fyne meates at one meale, haue soone after felt theym selfe greued with frettynges and heed ache, and after that they haue ben hole ageyne, there hath ben giuen to them one kynd of lyght meate, they haue done as well therwith, as they were wonte to do with grosse meates, whan they eate it alone
which

whiche proueth to be true that whiche I haue re-
 herbed. And it is good reson, for after the generall
 opinion of philosphers and phisitions, the na-
 ture of mankynde is best contente with thinges
 moſte ſymple and vnmyxt, all thynges tendinge
 to vnitie, wherein is the only perfection. Alſo it is
 a generall rule of phyſike, that where a ſyckneſſe
 may be cured with ſymples, that is to ſaye, with
 one onely thyng that is medycynable, there ſhuld
 the phisition gyue no compounde medicine myxt
 with many thynges. Theſe thynges conſidered,
 it may ſeme to all men, that haue reaſon, what a
 abuſe is here in this realme in the continual gour-
 mandiſe, and dayly fedynge on ſondry meates, at
 one meale, the ſpīte of gluttony, triumphynge
 amonge vs in his glorious chariotte, callyd wel-
 fare, dreyng vs afore hym, as his prīſoners, in-
 to his dungeon of ſurfet, where we are tourmen-
 ted with catarrhes, feuers, goutes, pluresies, ſtre-
 tyng of the guttes, and many other ſyckneſſes,
 and ſynally cruelly put to death by them, oftenti-
 mes in youth, or in the moſt pleaſant tyme of our
 lyfe, whan we wolde moſte gladly lyue. For the
 remedy wherof, how many tymes haue there ben
 deuysed, ordynaunces and actes of counſayle, al
 though perchance bodily helth was nat the chief
 occaſion thereof, but rather prouiſion agaynſte
 vayne and ſumptuous expenſes of the meane
 people. For the nobilitie was exempted and had
 lybertie to abide ſtyll in the dongeon, if they wold,
 and to lyue laſſe while than other men: But whā,

Gluttony.

¶

where,

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where, and howe longe were the sayd good deu-
ses put in due execution, for all that therof shuld
succeede double profit, that is to say, helth of body
and increase of substance, by eschewing of super-
fluous expenses in sondry dishes: Alas howe longe
wyl men fantasie lawes and good ordinaunces,
and neuer determine them. Fantasie procedeth of
wytte determination of wisdom, witte is in the
deuising & spekyng, but wisdom is in the perfor-
mance, which resteth onely in execution. Here I
had almost forgotten, & my purpose was to write
of the order of diete, and not of lawes, but the
seruent loue that I haue to the publike weale of
my countrey, constrained me to digresse somewhat
from my matter: but nowe wyl I procede forth
to write of order, whiche in takynge of meates
and drynkes, is not the lesse parte of diete.

¶ Of Order in receyuyng of meate and drynke. Capit. xxix.

Herbes as wel sodden as vnsodden, also fru-
tes, whiche do mollifie and louse the bealye,
ought to be eaten befoze any other meate, excepte
that sometyme for the repressyng of fumosities,
cysyng in the heed by moche drynkyng of wyne,
rawe lettyse, or a colde appul, or the iuyce of ozen
ges or lymons maye be taken after meales in a
lyttell quantitie. Howeouer all byrthes, mylke,
reue egges, and meates, whiche are purposely ta-
ken to make the bely soluble, wold be fyrst eaten.

All

All frutes and other meates, that are stiptike oꝝ
hyndynge, wolde be eaten last of all other. Fru-
tes cōfectionate specially with hony ar not to be
eaten with other meates. But here it is to be dili-
gently noted, that where the stomake is colericke
and stronge, grosse meates wolde be fyꝛste eaten :
where the stomake is colde oꝝ weake, there wolde
fine meates be first eaten. foꝝ in a hot stomak fine
meates ar bourned, whyle the grosse meate is di-
gestyng. Contrarywise in a colde stomake, the li-
tell heate is suffocate with grosse meate, and the
fine meate left raw, foꝝ lacke of concoction, where
if the fine meate be first taken moderately, it sy-
reth by and comfoꝛterh naturall heate, and ma-
keth it moꝛe able to concoct grosse meates, if they
be eaten after ward : so that it be but in smal qua-
tite. not withstanding, as I late affirmed, one ma-
ner of meate is most sure to euery cōplexion. foꝝ
sene that it be alway most cōmonly in conformi-
tie of qualites, with the person that eateth. Moꝛe
ouer take hede, that supꝛer meates be not firste
eaten, lest it draw with it to hastily other meates,
oꝝ they be digested, noꝝ that stiptik oꝝ restrainyng
meates be taken at the begynnynge, as quinces,
peates, and medlars, lest they may let other mea-
tes, that they descende not into the bottom of the
stomake, where they shuld be digested, not with-
standynge the confection made with the iuyce of
quinces called Dacytonites, taken. ii. houres afoꝛe
diner oꝝ supper, is cōmended of Galene, & other,
foꝝ restoyng appetite, & making good cōcoction.

¶ ii

Also

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Also concernyng dlynke at meales, it wold not be
 afoze that somwhat were eaten. And at the begin
 nyng, the dlynk wold be strongest, and so toward
 the end moze small, if it be ale oꝛ biere, and if it be
 wyne, moze and moze alayde with water. And af
 ter the better opinion of physitions, the dlynke
 wolde rather be myrte with the meate by sondꝛe
 lyttell draughtes, than with one greate draughte
 at thende of the meale, foꝛ the myxture tempꝛeth
 well the meate without anoyāce: a great draught
 with moch dlynke, dꝛowneth the meate, rebuketh
 naturall heate, that than woꝛketh in concoction,
 and with his weight dꝛyueth downe the meate to
 hastily. Hote wines & swete, oꝛ confectioned with
 spices, oꝛ very stronge ale oꝛ bere, are not conue
 nient at meales, foꝛ the meate is by theym rather
 corrupted, than digested, and they make hote and
 styntyng vapours ascend by to the bꝛaynes, all
 be it if the stomake be very wyndy, oꝛ so cold and
 feble, that it can not concocte suche a quantitie of
 meat, as is required to the sufficient nourishmēt
 of the body of hym that eateth, oꝛ hath eaten raw
 herbes oꝛ frutes, wherby he feleth some annoy
 ance, than may he dlynke laste incontinent after
 his meale a lyttell quantitie of secke, oꝛ good a
 qua bite in small ale: but if he haue moche coler
 in his stomake, oꝛ a heed full of vapours, it were
 moche better, that he dyd neither dlynke the one,
 noꝛ the other, but rather eate a lyttell colyander
 fede prepared, oꝛ a picce of a quynce rosted, oꝛ in
 marmelade, and after rest, to amende the lacke of
 nature,

nature with slepe, moderate exercise, and plasters
 provided for comfortynge of the stomacke. And
 here wyl I leaue to write any moze of the diete in
 eatynge and drynkynge, sayng that I wold, that
 the reders shuld haue in remenibrance these two
 counsailes. ffirst, that to a hole man, to pzeise a
 rule is not conuentient in diet: and that the disea-
 ses, whiche do happen by to moche abstinence, ar
 wars to be cured, than they which come by reple-
 tion. And as Coznelius Cellus saith, A man that
 is hole and well at ease, & is at his lybertie, ought
 not to bynde him self to rules, or nede a phisition:
 but yet where the stomacke is feeble, as is of the
 moze part of citelyng, and wel nygh all they that
 be studious in lernynge or weyghthe assayres,
 there ought to be moze circumspection, that the
 meate may be suche, as that eyther in qualitie or
 quantitie, nature being but feble, be not rebuked,
 or to moche oppzessed.

Cor. Cel.
 lib. 1. ca. 1.

Idē cap. 2.

¶ Of sleape and watche. Cap. xxx.

The commoditie of moderate slepe appereth
 by this, that naturall beate, whiche is occu-
 pied about the matter, wherof procedeth nourish-
 ment, is comforted in the places of digestion, and
 so digestiō is made better, or moze perfitt by slepe,
 the body fatter, the mynde moze quiete and clere,
 the humours temperate: as by moche watche all
 thynges happen contrarie. The moderation of
 slepe must be measured by helth and syknes, by
 age,

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age, by tyme, by emptynesse or fulnesse of the body, & by naturall complexion. fyrst to a hole mā hauing no debilitie of nature, and digesting perfectly the meate that he eateth, a lytel slepe is sufficient: but to them, which haue weake stomakis, & do digest slowly, it requireth that sleape be much longer. semblable tēperance is required in youth and age, wynter and sommer. The body beinge full of yll humoys, very lytell slepe is sufficient, except the humoys be crude or raw, for thā is slepe necessary, whiche digesteth theym better than labour. Semblably, where the body is long empty, by longe syknesse or abstinence, slepe comforteth nature, as well in the principall members, as in all the other. Also regarde must be had to the complexion, for they that are hot, & do eate lytell, & digest quickly, a lytell slepe serueth, specially to colerike persons, for in them moche slepe augmenteth heate, moze than is necessary, wherby hot fumes and inflammations are often ingendred, & som tyme the naturall coler is aduste or putrified, as experience teacheth. fleumatike persons are naturally inclined to slepe: and bicause they ingender much humoys, they requyre moze sleape than sanguine or colerike. Persones haupng naturall melancoly, not proceeding of coler aduste, do requyre very much slepe, which in them comforteth the powers animall, vitall, and natural, which ye may finde wyten in the tables preceding. Slepe wold be taken not immediatly after meales, & be soze that the meate is descended from the mowthe of

of the stomake. For thereby is kindled peines & noise in the bely, & digestiō corrupted, & the slepe by pl vapors ascēding, made vnquiet & trouble. Moreover immoderate slepe maketh the body apt vnto palseis, apoplexis, falling sickness, reumes, & impostumes, also it maketh the wittes dulle, and the body slow & vnapt to honest exercise. semblably imoderate watch dyeth to moch the body, and doth debilitate the powers animall, letteth digestion, & maketh the body apt to consūptiōs. wherfore in these .ii. thynges, aswel as al other, a diligent tēperance is to be vsed. the moderation is best cōiected (for it is hard perfectly to know it) by the sensible lightnes of al the body, specially of the brain the browes and the eyes, the passage downe of the meat from the stomake, the wyll to make vrine, & to go to the stoole. Contrarywise, heynenes in the body & eyes, and sauour of the meate before eaten signifyeth that the slepe was not sufficient. They that at hole must slepe firste on the right syde, because the meate may appoche to the lyuer, which is to the stomake, as fyre vnder the pot, & by hym is digested. To them, which haue feble digestiō, it is good to slepe prostrate on their bealies, or to haue their bare hand on their stomakes. Lienge vpright on the backe is to be vetterly abhorred.

¶ The commoditie of exercise, and the tyme when it shuld be vsed. Cap. xxxi.

Every meynge is not an exercise, but only þ which is vehement, thend wherof is alteration

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tion of the breath oꝝ wynde of a man. Of exercise do pꝛocede two commodities, euacuation of excrementes, and also good habite of the body, foꝝ Exercise being a vehement motion, therof nedes must ensue hardnes of the members, wherby labour shall the lesse greue, & the bodye be the moze stronge to labour. also therof commeth augmentation of heate, wherby hapneth the moze attraction of thynges to be digested, also moze quicke alteration, and better nourishynge. Moze ouer, that all and syngular partes of the body, be therewith somewhat humected, wherby it hapneth, that thynges harde be mollified, moyste thynges are extenuate, and the poores of the bodye are moze opened. And by the vyolence of the breathe oꝝ wynde, the poores are clenfed, and the fylthe in the bodye naturally expelled. This thyng is soo necessary to the pꝛeseruation of helth, that without it, no man may be longe without sykenesse, whiche is affirmed by Cornelius Celsus, sayeng, that sluggishenes dulbeth the body, labour doth strength it, the firste bringeth the incommodities of age shortly, the last maketh a man long tyme lussy. Not withstandynge in exercise ought to be foure thynges diligently considered, that is to say, the tyme, the thynges pꝛecedynge, the qualitie and the quantitie of exercise.

The fyfte as concerning the tyme conuenient foꝝ exercise, that it be not whā there is in the stomake oꝝ bowels, greatte quantitie of meate not sufficiently digested, oꝝ of humours crude oꝝ rawe, lest it thereby

Cor. Cel.
lib. i.

therby peryll moughte insue by conuepaunce of them into al the members, befoze those meates oꝝ humours be concoct oꝝ boyled sufficiently. Galen sayth, that the tyme moſte conuenient foꝝ exerciſe is, whan bothe the firſte and ſeconde digeſtion is complete, as wel in the ſtomake, as in the vaines, & that the tyme appꝛocheſh to eate eſſones. foꝝ if ye do exerciſe ſoner oꝝ later, ye ſhall eþther ſyll the body with crude humours, oꝝ elles augment pelowe coler. The knowlege of this tyme is perceiued by the colour of the brine, foꝝ that whiche reſembleth vnto clere water, betokenethe, that the ſuyce, whiche cometh from the ſtomake, is crude in the vaynes: that whiche is well coloured, not to high oꝝ baſe, betokeneth, that the ſecond dygeſtiõ is nowe perfite: where the colour is very high oꝝ redde, it ſygnifyeth, that the concoction is moze than ſufficient. Wherefoze whan the brine appeareth in a temperate coloꝝ, not red noꝝ pale, but as it were gilt, thã ſhuld exerciſe haue his begining.

Galen. de
tuen. ſani.
lib. 2.

¶ Of fricaſies or rubbynges preceedyng
exerciſe. Cap. xxxii.

As touching thinges pꝛeceding exerciſe, foꝝ as moch as it is to be ſered, leſt by behemēt exerciſe any of the extremitēs of the hely oꝝ bladder, ſhuld haſtily be receiued into the habit of the body, by the violence of hete, kendlýd by exerciſe: alſo leſt ſom thyng, whiche is hole, be by heuynes of excrementes, oꝝ byolent motion, broken oꝝ pulled

Galenus.
Paulus.
Oribasius
Aetius.

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lyd oute of his place, or that the excrementes, by violence of the byeth, shuld stop the pores or cunctes of the body, it shalbe necessary lytell and lytell, by chafyng the body, first to mollify the partes consolidate, & to extenuate or make thynne the humours, and to louse and open the poores, and than shal ensue to hym that exerciseth, no peryll of obstruction or rupture. And to bryng that to passe, it shal be expedient, after that the bodye is cleused, to rubbe the bodye with a course linnen cloth, first softly & easily, & after to increase more and more, to a harde and swift rubbing, vntyl the fleshe do swelle, and be somewhat ruddy, and that not only down right, but also ouerthwart & round. Som do vse fricaspes in this foyme. In the morning, after that they haue ben at the stoole, with their shirte sleue or bare hande, if their fleshe be tender, they do first softly, & after ward faster, rub their breste, and sydes downewarde, and ouerthwarte, not touching their stomake or bealy, and after cause their seruant semblably to rubbe ouerthwart their shulders and backe, begynnynge at the neckebone, and nat touchynge the raynes of their backe, excepte they do fele there moche colde and wynde, and after ward their legges from the knees to the ancle: last their armes, frome the elbowe to the handewyeste. And in this fourtine of fricaspe, I my selfe haue founden an excellent commoditye. Olde men, or they, whiche be very dry in their bodies, if they put to some sweete oyles, as Yrinum, Nardinum, Chamemelinum, or other lyke, myxt with

with a lyttell swete oyle of roses, I suppose they do wel. I wyl not here speke of opntmentes bled in olde tyme amonge the Romayns and Grekes, in fricasies oꝝ rubbynges. For I suppose, þ they were neuer here bled. and in the said places, they be also lesse, onles it be in palseys, oꝝ apoplexies, oꝝ against the rigour, whiche hapneth in feuers, only I wyl remember the saying of Hipocrates, fricasie hath power to louse, to bynd, to increase fleshe, and to minishe it. For harde fricasies doo bynde oꝝ consolydate, softe rubbynge dothe louse oꝝ mollifie, moch doth minishe fleshe, meane rubbyng doth augment oꝝ increase it. He that wylle knowe moze abundantly hereof, let hym rede the boke of Galen of the pꝛeseruation of helth, callid in latyn *De tuenda sanitate*, translated moost truely & eloquently, out of Greke into latyn, by doctour Linacre, late phisition of most woꝛthy memoꝝ to our souerayne loꝝde kynge Henry the eight. The same mattier is wꝛitten moze bysely of Paulus Aegineta, Oribasius, Aetius, and some other late wꝛiters, but vnto Galene not to be compared.

¶ The diuersities of exercises.
Cap. xxxiii.

The qualitie of exercise is the diuersitie thereof, forasmuche as therein be many differēces in mouynge, and also some exercise moueth moze one part of the body, some an other. In difference of mouynge, some is slow oꝝ softe, some is swifte

THE SECONDE

oꝛ fassie : some is stronge oꝛ violent, some be mixt with strength & swiftnesse. Stronge oꝛ violente exercises be these, delupnge (specially in toughe clay and heup, bearynge oꝛ susteynyng of heupe burdeyns, clymmyng oꝛ walkyng against a stipe vpright byll: holdyng a rope, and clymmyng vp therby, hangyng by the handes on any thing, aboue a mans reach, that his fete touche not the grounde : standyng and holdyng vp, oꝛ spredyng the armes, with the handes fast cloed, & abiding so a longe tyme. Also to holde the armes stedfast, causyng an other man, to assay, to pull them out, and not withstandyng he kepeth his arme stedfast, insoyng ther vnto the sinewes and muscles. Wastyng also with the armes and legges, if the persons be equall in strength, it dothe exercise the one and the other : if the one be stronger, than is it to the weaker a moze violent exercise. All these kyndes of exercises, and other like them, do augment strength, and therfoze they serue onely foꝛ ponge men, which be inclined, oꝛ be apte to the warres. Swifte exercise without violence is, runnyng, playeng with weapons, tenise, oꝛ throwyng of the ball, trotting a space of grounde foꝛward and backward, going on the toes, and holdyng vp the handes. Also sitting vp and downe his armes, without plummettes. Vhemēt exercise is compounde of violent exercise and swifte, whan they are ioyned together at one tyme, as dancyng of galyardes, throwyng of the ball, & runnyng after it. footeball play may be in the nūber therof

therof, thzowpng of the longe dart, and continu-
 ing it in many tymes, runnpng in harnes, & other
 lyke. The moderate exercife is longe walking oz
 going a iournepe. The partes of the bodye haue
 sondry exercifes appropried vnto them, as coun-
 ning and going is the most proper for the leggis.
 Houyng of the armes vp & downe, oz stretching
 them out, & playeng with weapons, serueth most
 for the armes and shulders, stouping and risyng
 often tyme, oz lifyng great weightes, takyng vp
 plummettes oz other lyke payles on the endes of
 staues, & in lyke wise, lifyng vp in euery hande a
 speare oz moyspike by the endes, specially crol-
 ling the handes, and to lay them downe ageyn in
 their places, these do exercise the backe & loynes.
 Of the bulke & lunges the proper exercise is me-
 uing of the bzeath in syngyng oz cryeng. The en-
 traples, which be vnderneath the myddesse, be ex-
 ercised by blowpng, eyther by constraint, oz play-
 eng on shaulmes, oz sackbottes, oz other lyke in-
 strumentes, which do requyre moch wynde. The
 muscules at best exercised with holdyng the bzeth
 in, a longe tyme, so that he, whiche dothe exercise,
 hath well digested his meate, and is not troubled
 with moche wynde in his bodye. fynallye lowde
 readyng, counterfayte battayle, tenyse, oz thzow-
 png the ball, runnpng, walkyng, adde to sho-
 tyng, whiche in myn opinyon excede al the other,
 do exercise the bodye commodiously. Alway re-
 member, that the ende of violent exercise, is diffi-
 cultie in fetchyng of the bzeth, Of moderate exer-

Celsus. 1.

THE SECONDE

cise, alteration of bzeath onely, oꝝ the beginninge of sweate. Moze ouer in wynter, runnyng, and wastlyng is conuenient. In sommer wastlyng is lytell, but not rúning. In very cold wether, moche walking, in hote wether, rest is moze expedient. They which seme to haue moist bodies, & liue in idelnes, they haue nede of violēt exercise. They which ar lean and colerike, must walk softly, and exercise them selves very temperatly. The plummettes, callid of Galen Alteres, whiche are now moche bled with gret men, being of equal weight, & accordyng to the strength of him that exerciseth, are betye good to be bled fastyng, a litell befoze bzeakefast oꝝ dyner, holdinge in euery hande one plūmet, and lyfting them on high, and byrnyng them downe with moche violence, and so he may make the exercise violent, oꝝ moderate, after the popse of the plummettes, heuyet oꝝ lyghter, and with moche oꝝ lyttell labouryng with them.

Of Gestation, that is to say, where one is carryed, and is of an other thyng meued, and not of hym selfe. Cap. xxxiiii.

Paulus Esgineta.
Actius.

There is also an nother kynd of exercise, whiche is called Gestation, and is mixt with mouyng and rest. Foꝝ as moche as the body, lytting oꝝ lyenge, semeth to rest, and not withstanding it is meued by that, which beareth it, as lienge in a bedde, hangyng by cordes oꝝ chaynes, oꝝ in a cradell, lytting in a chaire, whiche is carryed on mens Chylders

Shoulders with staves, as was the vse of the an-
 cient Romaynes, or syttinge in a boote or barge,
 whiche is rowed, rydng on a horse, whiche am-
 bleth very easily, or gothe a very softe pace. The
 bed, cradel, and chaire caried, serueth for them, &
 at in long & continual siknes, or be lately recou-
 red of a feuer. Also them, whiche haue the fran-
 sy or letharge, or haue a lyghte tertiane feuer, or a
 cotidiane. This exercise swetely allwageth trou-
 bles of the mynde, and prouoketh slepe, as it ap-
 pereth in chylderne, whiche are rocked. Also it is
 conuenient for them, whiche haue the palsey, the
 stone, or the gowte. Gestation in a charpot or wa-
 gon hath in it a shaking of the body, but som be-
 heement, and some moze softe. the softe serueth in
 diseases of the heade, and where any matter run-
 neth downe into the stomake and entraples. But
 the beheement shakynge is to be vled in the grie-
 fes of the brest and stomake. Also in swelling of
 the body and legges in dropsies, palseys, mygri-
 mies, and scotomics, whych is an imagination of
 darkenes, beinge retourned, at the ende of his
 iourney, he muste sytte vp, and be easily moued.
 I haue knowen, saythe Aetius, many persones
 in suche wise cured without any other helpe. Na-
 uigation or rowyng nigh to the lande, in a calme
 water, is expedient for them that haue dropsies,
 lepryes, palseyes, called of the vulgare people, ta-
 kynge, and franlies. To be caried on a roughe
 water, it is a violent exercise, and induceth son-
 dyre affections of the mynde, somtyme feare,
 some

THE SECONDE

Celsus.2.

sonetyme hope, no we co warde haste, no we hardynesse, one whyle pleasure, an other whyle dyspleasure. These exercises, if they be wel tempred, they may put out of the body, all longe durynge sykenesses. For that whiche is myrte with rest and meynng, if any thyng els may, it most excellently causeth the body to be well nourished. Celsus doth prohibite gestation, where the body feelth payne, and in the begynnynge of feuers, but whan they cease, he alloweth it. Rydyng moderately, and without greafe, it doth corroboreate the spirite and body aboue other exercises, speciallye the stomacke, it clenseth the senses, and maketh them moze quicke: albeit to the breste, it is verye noyfull. It ought to be remembred, that as well this, as all other kyndes of exercise, wold be bled in a hole countraye, & where the ayre is pure and vncorrupted. Forseene, that he that wold exercise, do go first to the scoole, for the causes reherfed in the laste chapter.

¶ Of vociferation. Cap. xxxv.

The chief exercise of the brest & instrumentes of the voyce is vociferation, whiche is synngynge, redyng, or crienge, wherof is the proper tie, that it purgeth naturall heate, and maketh it also subtyll and stable, and maketh the members of the body substantial and stronge, resisting diseases. This exercise wolde be bled of persones thort winded, and them, which can nat fetch their brythe,

brythe, but holdyng their necke streight vpright. Also of them, whose fleshe is consumed, specially about the breste and shulders. Also whiche haue had apostumes broken in their brestes: mozeouer of them that are hooole by to moch moisture. and to them, which haue quarteyn feuers, it is conueniente, it louseth the humour, that stycketh in the brest, and dryeth vp the moystnes of the stomake, which properly the course of the quarteyn is wont to bring with hym, it also profiteth them, whiche haue feble stomakes, or do vomite continually, or do breake vp sowzenes out of the stomacke. it is good also for griefes of the heed. He that intendeth to attempte this exercise, after that he hath ben at the scoole, and softly rubbed the lower partes, and washed his handes. Let him speake with as bafe a voyce as he can, and walkyng, begyn to synge lowder & lowder, but styl in a bafe voyce, and to take no hede of sweete tunes or armonye. For that nothyng doth profite vnto helthe of the body. but to inforce him selfe to synge great, for therby moch airc drawn in by fetchyng of bryth, thrusteth forth the brest & stomake, and openeth and enlargeth the poores. By high cryeng & loude redyng, are expelled superfluous humors. Therfore men and women, hauing their bodies feble, and their fleshe louse, and not firme, must reade oftentimes loude, and in a bafe voyce, extendyng out the wynd pipe, & other passages of the brythe. But not withstadyng this exercise is not vled alway, and of all persons. For they, in whome is a

D

bundance

THE THYRDE

bundance of humours corrupted, or be much diseased with cruditie in the stomacke and baynes, those do I counsaile, to absteyn from the exercise of the voice, lest much corrupted iuyce or vapors, may thereby be into all the body distributed. And here I conclude to speake of exercise, whiche of them, that desyre to remayn long in helth, is most diligently, & as I mought say, most scrupulously to be obserued.

THE THYRDE BOKE

Of Replecion. Cap. i.



REPLECION IS A superfluous abundaunce of humours in the body: and that is in two maner of wyse, that is to say in quantitie, and in qualitie. In quantitie, as where all the foure humours are moze in abundance, than be equall in propozcion to the body that conteyneth them, or where one humour moche exceedeth the remanant in quantitie. In qualitie, as where the blood, or other humour, is hotter or colder, thicker, or thinner, than is conuenient vnto the body. Firste, where all the humours, beinge superfluously increased, fylleth and extendeth the receptories of the body, as the stomacke, the baynes, and

and bowelles, and is mooste properly callyd full-
nesse, in greke Plethora, in latyne Plenitudo. The o-
ther is, where the bodye is infarced, eyther with
coler, yelow o; blacke, o; with fleume, o; with wa-
try humours, and is properly callid in greke Ca-
cochymia, in latyn Viciosus succus, in englishe it may
be called corrupt iuyce. I wyl not here wyte, the
subtyll and abundant definitions and descripti-
ons of Galene in his booke de Plenitudine, and in
his comentaries vpon the aphorismes of Hipo-
crates. For it shall here suffice, to shewe the ope-
rations of replecion good o; yl, remyttting them,
whiche be curious, and desire a moze ample decla-
ration, to the most excellent warkes of Galene,
where he may be satisfied, if he be not determi-
ned to repugne agaynst reson. Hipocrates saith,
where meat is receyued moche aboue nature, that
maketh sykkenesse. Galene declaryng that place
sayth, Moze meate than accordeth with natures
measure, is named Replecion. And afterwarde
he expoundeth that woꝝde aboue nature, to syg-
nifye to moche and superfluously, as who sayth,
where the meate is superfluously taken, it ma-
keth sykkenesse. For meate but a lyttell excedyng
temperance, may not forthwith make sykkenes,
but may yet kepe the body within the latitude o;
boundes of helthe, for the meate that shall make
sykkenesse, muste nat a lyttell excede the exquisite
measure. The incommmoditie, whiche hapneth
therby is, that moystnesse is to moche extended,
and naturall heate is debilitate. Also naturalle

¶ it

heate

Aph. 2.2.

Apho. 15.
Vbi cibis
præter na-
turā plus
ingest^o est
hic morbus
facit.
Galen. in
comment.
loco præ-
dicto.

THE THYRDE

heate, resolneth somewhat of the superfluous
meate and drinke. And of that, whyche is resol-
ued of meate vndygested, procedeth fumositie,
grosse and vndygested, whiche ascendyng by in-
to the heed, and touchyng the ryne, wherin the
bryne is whapped, causeth head ache, trembling
of the members, duskyhnes of the sight, & ma-
ny other syknesses: also by the sharpnes therof,
it ppyketh and anopeth the sinewes, which make
sensibilitie, the rootes of whom, are in the bryne,
and from thens passeth throughe all the bodye.
Fynallye, the sayd fumositie, ingendred of reple-
cion, perceyng the innermooste parte of the said
synewes, called sensible, it greuouely annoyeth
the power animall, there consistyng, by the occa-
sion wherof, vnderstandyng and reason, as to
the vse of them, are lette and troubled. And also
the tongue, whiche is reasons expolypour, is de-
prived of his offyce, as it appereth in them, whi-
che are drunke, and them, whyche haue greuou-
peynes in theyr heed, procedyng of replecion.
Sygnes of replecion be these, losse of appetite,
delyte in nothyng, slouthfulnesse, dulnesse of the
wytte, and senses, more sleape, than was accu-
stomed to be, crampes in the bodye, stertyng of
saltion of the members, fulnesse of the brynes,
and thychenesse of the poulles, hoitour of throu-
uelyng of the body myxt with heate. The reme-
dies are abstynence, and all euacuations, wherof
I wyl make mention in the next chapter.

Oribasius
Euporist
lib. 1.

C Of Euacuation. Cap. ii.

The meates and dypnkes recepued into the body, if the stomake and lyuer doo their natural office, be altered by concoction and digestiō in suche wyse that the best part therof goth to the nourishment of the body: the worst, being separate by the members officiall, from the residue, are made excrementes in sondrye fourmes and substances, whiche are like in qualitie to the natural humour, whiche than raigueneth most in the body. These excrementes be none other, but matter superfluous and vnsauery, whiche by naturall powers may not be couerted into fleshe, but remaynyng in the body corrupt the members, and therefore nature abhorryng them, despyeth to haue the expelled. These excrementes be thye in number, ordure, brine, humour superfluous. Moreover, there be two sortes of ordure, that is to saye, one digested, whiche passeth by siege, the other vndigested, whiche is expellyd by vomyte. Where I saye digested, I meane, that it is passed the stomake, and tourned into an nother fygure. Lyke wyse I calle that vndigested, whiche still retayneth the fygure of meate. Urine is the watry substance of the bloudde, lyke as whay is of mylke, whiche out of the meate that is altered and concocted or boyled in the stomake, is strayned in the baynes callyd Mesaraicg, whiche procedeth from the holowe part of the lyuer, and sent by the raynes into the bladder, passeth by the Instrument,

D iii the

Excrementes.
Ordure.

Digested.

Urine.

THE THYRDE

**Humoꝝ su-
perfluous.**

the whiche is ordeyned as wel to that purpose, as
foꝝ generation. Humoꝝ superfluous is in.iii. soꝝ-
tes, either myxt with any of the foure humours,
callyd natural, oꝛ els it is gathered into the bꝛain,
oꝛ it is betwene the skyn and the fleſhe, oꝛ lieth a-
monge the ſinewes, muscules, oꝛ ioyntes. Of hu-
mours, ſome are moꝛe groſſe and colde, ſome are
ſubtyl and hot, and are called vapours. Now foꝝ
to expell the ſayd excrementes, are. ix. ſundꝛ kyndes
of euacuation, that is to ſay, abſtinence, vo-
myte, purgation by ſiege, lettynge of bloude, ſca-
rifieng callyd cupping, ſweating, pꝛouocation of
vrine, ſpittynge, bledynge at the noſe, oꝛ by hemo-
roides: And in women, theiꝝ natural purgatiōs.
Of theſe euacuatiōs I wil bꝛeſely declare, with
the cōmodities, which by the diſcrete uſe of them
do happen vnto the body.

¶ Of Abſtinence. Cap. iiii.

**Celf. li. 2.
Hipoꝝ. 2.
pho. li. 7.**

A bſtinence is a foꝛbearynge to receyue any
meate oꝛ dꝛynke. foꝛ if it be but in parte, it
is than callyd rather temperance than abſtinēce.
It ought to be vſed onely after replecion, as the
pꝛoper remedye therfoꝛe. And than if it be mode-
rate, it conſumeth ſuperfluities, & in conſuminge
them, it clarifieth the humours, maketh the body
ſayꝛe coloured, and not onely kepeth out ſickneſſe,
but alſo whete ſyckneſſe is entred, nothyng moꝛe
helpeth, if it be vſed in ſeaſon. To them, whiche
haue very moiſt bodies, hunger is right expedieēt
foꝛ

fo: it maketh them moze dye, not withstandinge
there ought to be considerations, in the meate be-
foze eaten, in the age of the person, in the tyme of
the yere, & in custome. ffirst in the mete befoze eatē,
if it be moch in excesse o: very grosse, o: not moch
excedinge, o: lyght of digestion, and accordinge
therro, wolde abstinence moze o: lasse be propo-
cioned. Concerning age, Hipocrates saith, old mē
may susteyn fasting easily: next vnto theym, men
of myddel age, yong men may wars beate it, chil-
dren warst of all, specially they that be lusty: not
withstanding here Galen correcteth Hipocrates,
saying, that he shuld haue exceptid men very old,
who, as experience declareth, must eate often and
lyttell. As touching tyme, it must be remembred,
that in wynter and spring tyme, the stomakes be
naturally very hot, & slepe is longe, & therfoze in
that tyme meates wolde be moze abundant, & all
though moche be eaten, it wyl be soner digested.
wherfoze abstinence wold not be thā so moch as
in sommer, albeit to absteyn moch in sommer, ex-
cept it be after replecion, Damascene saith, it dyi-
eth the body, it maketh the colour salowe, it ingē-
dizeth melancoly, and hurteth the sight. mozeouer
custome may not be fozgotten. fo: they, which are
bled from childehode, to eate sondry meales in the
day, wold rather be reduced to fewer meales, & li-
tell meate, than to be cōpelled to absteyn vttterly,
to the intent, p nature, which is made by custome,
be not rebuked, & the power digestiue therby debi-
litate. And note wel, that by to moche abstinence,
the

Considerations in
abstinence

Apho. lii.

Galen. in
comment,

Damascē
nus apho.

THE THYRDE

the moysture of the body is withdrauen and consequently the body dyeth, and waxeth leane: naturall heate, by withdrauyng of moysture, is to moche incended, and nat syndynge humoure to warke in, tourneth his vyolence to the radycall oꝝ substanciall moysture of the body, and exhau- styng that humoure, bringeth the body into a cō- sumption. wherfoze Hipocrates saythe, that to scarfe and exquisite an oꝝder in meate and drinke, is foꝝ the moze patte moze dangerous than that, whiche is moze abundant. Contrarywyle mode- ration in abstinence, accordyng to the sayde con- siderations, is to helth a sure bulwarke.

Aph. ii. 2.

Of Vomite. Cap. liii.

The meate oꝝ drynke superfluous, oꝝ corrup- ted in the stomak is best expelled by vomite, if it be not very greuous to hym, whiche is disea- sed. Also the moderate vse of it, pourgeth fleume, lighteth the heed, causeth that the excesse of mea- tes oꝝ drinkes, shall not annoy oꝝ brynge sykenes. Moreouer, it amēdeth the affectes of the raines, the bladder, and the fundement. It also helpeth agaynst lepries, cankers, goutes, dropsies, & also dyuers sykenesses procedyng of the stomacke. Foꝝ if any grese hapneth of the heade, vomite is than vncommodious. It is better in wynter, thā in sommer. Also good foꝝ them, which are replete oꝝ very colerike, if they haue not welle digested. but it is yll foꝝ them that be leane, oꝝ haue weakē stomakes

Act. ii. 2.

stomakes. And therfore where one feeleth bytter
 vapours, risynge out of his stomacke, with grieve
 and weichtyness, in the ouer partes of his body,
 let him runne forthwith to this remedy. It is al-
 so good for him that is hart burned, and hath mo-
 che spittell, or his stomake wambleth, and for him
 that remeueth into sondry places. yet I counsaile
 saith Celsus, hym that wyl be in helth, and wold
 not be to soone aged, that he vse not this dayely.
 And I my selfe haue knowen men, whiche dayly
 vsynge it, haue brought therby their stomakes in-
 to suche custome, that what so euer they dyd eate,
 they coude not longe retayn it, wherby they shor-
 tened their liues. wherfore it wold not be vsid, but
 onely where great surfet, or abundance of fleume
 do require it. He that wyl vomite after meate, let
 hym drynke sondry drinks myrte togyther, and
 last of all, warme water: or if that be to easie, let
 hym myrte therewith salt or honny. If he wyl vo-
 mite fastynge, let hym drynke water and honny sod-
 den togyther, or slope with it, or eate of a radyshe
 roote, and drynke warme water vpon it. also wa-
 ter, wherin radyshe is boyled, and after ward pro-
 uoke hym selfe to it. Them, that wyl haue more
 violent purgations, I remytte to phisitions ler-
 ned. But yet I do estones warne them, that ther
 in they be circumspect, and do not moche vse it.
 Howeouer in vomites, the matter brought forth,
 wold be considered, accoording to the rules of Hi-
 pocrates, in his seconde booke of pronostications,
 that is to say, if it be myrte with fleume and coler, it
 is most

Cels. li. i.

Hippocra.
 praxag. 2.
 cap. 7.

THE THYRDE

is most profitable if it be not in very great quantite, nor thick, the last mixture it hath, the wars is it. If it be grene, like to leke blades, thyn or blak, it is to be suged yll. If it haue al colours, it is extreme perillous. If it be ledy coloured, & sauorith horribly, it signifieth a shorzt abolition, or dissolution of nature. For as Galene affirmeth there in his commente, suche maner of vomite declareth corruption with extinctinge of nature. Also euery putrified and synkynge sauoure in vomite is yll. These thynges be right necessary, to be looked for, where one doth vomite without any difficultie: but to inforce one to vomite, which can nat, is very odious, and to be abhorred.

Galen. de
locis affectis.
lib. 1.

¶ Of Purgations by siege. Cap. v.

Cels. li. 2.
Acti. li. 3.

If the hed be heuy, or the eien dimme, or if there be payne felt of the colyke, or in the lower parte of the bely, or in the hyppes, or some colerike matter or fleume in the stomake. Also if the breath be hardely fetched, if the bealy of hym selfe sendeth forth nothing, or if being costue, one feleth yll sauour or bytternes in his mouth, or that which he maketh, hath an horrible sauour, or if abstinence do not, at the fyrst putte awaye the feuer, or if the strength of the body may nat susteyne lettynge of bloud, or els the time therfore conuenient is past, or if one haue drunke moche befoze his syknes, or if he whiche oftentymes vnconstrayned, hath had great sieges, be sodeynly stopped: in al these cases,

cases, and where it is peynfull to vomite, and in gnawpng oꝝ frettinges of the stomake, finally in all replecions, where a man can not oꝝ wyl not be let bloudd oꝝ vomite, it is expedient to prouoke siege by purgations, whiche are receiued by two wayes: bywarde at the foundement by suppositoꝝies oꝝ clysters. Downeward at the mouth, by potions, electuaries, oꝝ pylls. Suppositoꝝies at vlsed, where the pacient is weake, and maye not recepue any other purgations. Sometye foꝝ as moche as the strayt gutte is stopped with excrementes, which ar drie and hard: somtime where there nedeth none other pourgation, specially in bournyng feuers, wherof the matter ascendeth in to the heed, than clysters may do harne, & by the benefit of suppositoꝝies, excrementes ar broughe foꝝthe without any annoyāce. And oftentymes it byingeth foꝝth that, whiche clysters maye nat.

Suppositoꝝies ar made somtime with hony only, sodden, rolled on a bourde, and made rounde, smaller at the one ende than at the other, & of the length and greatnes, accoꝝding to the quātitie of the body that taketh it. Somtyme there is myrte with the hony salt dried, oꝝ salt peter, oꝝ the powder of suche thinges, as do epyther purge the humoꝝ, which offēdeth, oꝝ dissolueth grosse windes, oꝝ other matter: they be somtyme made with roseyn, pitche, ware, oꝝ gūmes, somtime of rotes, oꝝ the leaues of mercury grene, very small bzuised. also with figgis oꝝ reisons, the stones takē out, oꝝ of white sope, made i the figure afoꝝsaid, & being

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made in the forme aforesayd, they must be put vp in at the fundement, to the great end, and the patient must kepe it there the space of half an houre or moze. Clysters are made of lycour, sometyme symple, as water sodden, mylk, oyle, or wyne. Somtyme myxt, as water and oyle togither, or decoctions, as where herbes, rotes, fruites, sedes, or gummes, haupnge propriety to make softe, dissolve, drawe forth, or expelle matter that greueth, be boyled, and the lycour therof, sometyme warme, somtyme hotte, is recepued at the fundement into the body by a lyttell pipe of golde or syluer, yuorie or wodde, therfore ordeyned and callyd a clyster pipe. This is necessary, where the stomake is weake, and may not susteyn the warkynge of medicines recepued at the mouth. also in feuers, colykes, and other diseases in the bowels, grieve in the raynes of the backe or huckle bone, ventosities in the bealve, inflammation or exulceration in the guttes or bladder. It is a couenient and sure medicine, and lest hurt doth ensue of it. The warkynge and ordynge therof, I wyl omitte to write in this place, partly that I wold not, that phisitions shuld to moch note in me presumption, partly that an nother place may be moze apte to that purpose.

¶ The particular commodities of euery
purgation. Cap. vi.

I Apotions, electuaries, and pylles ought to be moch moze obseruation, than in clysters or suppositoies, for as moche as these do enter no further

ther than into the gutte, where the ordure lyeth, & by that place only, byingeth forth the matter, whiche causeth disease. But the other entryptng in that way, that meates and drinckes do, commeth into the stomacke, and there is boyled, and sente into the places of digestion, and afterwarde is mixte with the iurce, wherof the substance of the body is made, and expellyng the aduersary humours, somewhat therof doubtlesse remayneth in the body, wherfoze men haue nede to beware, what medicines they receyue, that in them be no venenositie, malyce, or corruption, lesse for the expellyng of a superfluous humour, whiche perchance good diete, or som bzothes made of good herbes, or the sayde euacuation, with supposytoxe or clyster, mought bying forth at leysure. by despyng of to hastily remedy, they receyue in medicine that, whiche shall ingender a venomous humour, & vneuitable destructiō vnto al the body. And therfoze happy is he, whiche in sycknes fyndeth a discrete and well lerned phisition, and so true a poticary, that hath alway drowges vnco rupted, & whom the phisition may surely trust, to dispence his thinges truely. But now to retorne to the sayd forme of purgation, I wyll nowe set forth some counsailes, concernynge that matter, whiche I haue collected out of the chiefe authoꝝ of phisike.

Bodies hote & moyst: may easily susceyn purgation by the stoole. They, whiche be leane or thyn, hauynge the members tender, may take harme by purgations. To men that ar colerike, and them,

¶ iii

that

THE THYRDE

that eate litell, purgations ar greuous. In yōge
chylbern and olde men, it is daungerous to louse
moche the bealy. To them that ar not wont to it,
purgation is noyful. He that liueth in a good or-
der of diet, nedeth neither purgation noꝝ vomite.
After that the purgatiō hath wꝛought, thirskines
and sounde slepe, be signes that the body is suffi-
ciently purged. By dayly takynge of medicines,
nature is corrupted. Whan ye wylle pouрге any
thing, make first the matter flowing and soluble.
Medicine to purge ought not to be mingled with
meate, but to be takē foure houres at the least be-
foze meales, oꝝ thye houres after meales, excepte
certayne easy pylls made to clense and comfozte
the stomake, whiche wold be taken at the begyn-
ning of supper, oꝝ after supper, a litell befoze that
one goth to bed, makynge a light supper oꝝ none.
After purgation taken, the pacient shuld rest, and
not walke, vntyl the medicine hath wꝛought, noꝝ
eate oꝝ drinke in the meane space. These thinges
haue I remēbꝛed, bycause I haue knowen right
good phisitions, to haue foꝛgotten, to instructe
therof their patientes. Nowe wyl I sette foꝛthe
the table of suche thinges, which of their proper-
tie do digest oꝝ purge superfluous humoꝝ par-
ticularly, whiche I haue gathered out of the bo-
kes of Dioscorides, Galen, Paul⁹ Egineta, Or-
basius, & Aetius, and other late wꝛiters. not with
standyng, I haue not wꝛiten all, foꝝ as moche as
there be diuers thynges, wherunto we haue not
yet founden any names in englyshe.

Dige-

Hipocra.
aphor.

**Digestiues of
Choler.**

Cendrye.
Lettyse.
Cphoxie.
Scabiose.
Maydenheate.
Malwes.
Mercurye.
The iuyce of pome-
 granades.
Pourselane.
Poppe.
Berberpes.
Roses.
Violettes, the leafe and
 flowre.
Sozell.
Lyuerwoyte.
Sozell de boyse.
Whay clarified.
The greate foure colde
 sedes, that is to saye, of
 gourdes, cucumbers,
 melones, and cittuls.
Pillium,
Wineger.
Saunders.
Barley water.
Prunes.
Tamarindes.

**Pourgers of
Choler.**

Cwylde hoppers.
Wormewode.
Centoie.
Fumitoie.
Whay of butter.
Violettes.
Mercurye.
Juyce of roses.
Prunes.
Cupatoie.
Tamarindes halfe an
 ounce in a decoction:
Manna. vi. drammes
 at the leaste, and soo to
 xxv. in the brothe of a
 henne or capon.
Reubarbarū by it selfe
 from two drammes, vn
 to foure, infused or st
 ped in lycour, from. iiii.
 drammes vnto. viii.

**Digestiues of
fleume.**

Cfenell.
Persely, the cotes.
Smallage.
Capers.
Lawrell.

Synop

THE THYRDE

Spruce.
Bul.
Maiozam.
Penitropall.
Wylde parsnyp sece.
Mynt.
Pympernell.
Bozemynnt.
Gladen.
Agrymonye.
Calamynnt.
Rap.
Betayne.
Sauge.
Radythe.
Mugwozte.
Junyper.
Hyslope.
Spouye.
Baulme.
Rouye.
Cynger.
Squilla.
Aristolochia.
Cynamome.
Pepper.
Cumpane.

Purgers of fleume.

Centoye.
Actypyl.

Agrymonye.
Alber.
Polypodii of the oke.
Myjobalani kebult, in
 fused from half an ounce
 to an ounce, and .ii. dya-
 mes. In substace, from
 two drammes to halfe
 an ounce.
Agaricus fro a dyame
 to two dyaimes infused,
 from .ii. dyaimes to fiue.
Yreos.
Harpenheare.
Sticados.

Purgers of melen-
colye.

The bzothe of cole-
wortes lyght boyled.
Baulme mynte.
Sticados.
Tyme.
Greene, boyled in white
 wine oz in the bzothe of
 a henne.
Lased sauery.
Erithimus.
Unbrought spike.
Diganum.

Ca-

Calampyt.

Wp̄thwynde.

Bourage.

Dulvall mountayne.

Hartis tongue.

Honye.

Dyckbeme.

Sugar.

Maydenheare.

Melancolpe for the thynnesse and subtylnesse of the humour, nedeth no digestiue.

They whiche wyl take sharper purgations, or compound with dyuers thynges, let them take the counsaile of an honest and perfite phisition, & not aduenture to myrte thynges togither, with out knowing the temperance of them in degrees, and that he can propoicion them to the body, that shall receyue them in symples, as they be wyten. And so he may vse them without peryll, agaynste the humours, whervnto they serue.

Lettynge of bloudde. Cap. vi.

The parte of Euacuation by lettyng of blud, is incision or cuttyng of the bayne, wherby the bloud, whiche is cause of sykkenes or grefe to the hole body, or any particular part therof, doth most aptly passe. The commodities wherof, beinge in a moderate quantitie, and in a due tyme taken, be these that folowe, it clarifieth the wytte, and maketh good memoxy, it cleseth the bladder, it dryeth the bayne, it warmeth the marowe, beinge in the bones, it openeth the herynge, it stoppeth teares or dyoppynge of the eyen, it taketh

M

away

Arnoldus
de uilla
noua.

THE THIRDE

Oribasius
in medici
ne compo
pendio.

away lothsomnes, and confirmeth the stomak, it
nourisheth that, which is propre to nature, and the
contrary expelleth. It is thought, that thereby life
is prolonged, and the matter makynge sykkenesse
shortely consumed. Wherefore lettynge of bloude
is not only expedient for them, whiche are full of
bloud, or haue abundaunce of strength, but also for
them, in whom, without plenitude, callyd fulnes,
inflammations begyn to be in their bodys, or by
some outwarde stroke, the bloude being gathered
within, by collection therof, do fele grieve or dis-
ease. Also where there is moche payne felte, or de-
bilitie of some member, wherof is supposed to be
ingendred some greuous disease. Whereouer they
whiche vse excesse of meates and drynkes, maye
be cured by lettynge of bloudde. But those, whi-
che be temperate, keepynge good diete, be holpen
without lettynge of bloud: as by fricasies, vsing
of bathes, exercise, walkynge, and rydynge mode-
rately. Also vnctions with oyles and oynementes,
callyd Diaphoretice, whiche by euaporation, do
shortely euacuate the fulnesse. All be it, if the ful-
nesse be of melancolpe bloud, than alwaye nedes
muste be lettynge of bloudde. Aboundaunce of
melancolpe bloudde is knowne by these signes.
There is felt in the entrayles, or within the bulke
of a man or woman, a weyghthynesse with tensi-
on or thurstynge outwarde. and all that part, whi-
che is aboue the navel, is moze heuy, than it was
wont to be. Also moch brin and fatty, the residēce
or bottom thynke, troublous, and fatte, somtyme
blacke

blacke poulshes oꝝ boyles, with inflammation and
 moch payne. These must be shortly let blood, and
 the melancoly humoꝝ also purged by siege. They
 whiche haue crude oꝝ raw humoꝝs, must be ware-
 ly let bloodde, befoze that syknesse ingender, but
 haupnge the feuer, in no wyse. Concerninge let-
 tyng of blood, these thynges folowynge, wold be
 hadde in continuall remembraunce, and be afoze
 thought on. In abundance of the blood, the qua-
 litie and quantitie, the greatnesse of the syknes,
 and if it be present, oꝝ looked foꝝ. also the diete pre-
 cedyng, the age and strength of the persone, the
 naturall fourme of his body, the time of the yere,
 the region oꝝ countrey, the present state of the airc
 the disble of accustomed exercise, the cessyng of e-
 nuacuations bled befoze. In qualittie consyder, of
 what humour the fulnesse procedeth. In quanti-
 titie the abundance of that, which is to be purged.
 In siknes, if it be dangerous oꝝ tollerable: if the
 siknes be present, it requirerh the moze diligēce: if
 it be looked foꝝ, it may be the better proportioned.
 In diet, the custom in eating & drynking, must be
 specially noted. In yong men & womē, lettynge of
 blood wold be moze liberall. In old men & yonge
 chyldren, it wold be scarset: stronge men may su-
 steyne bledynge, they which ar feble, maye not en-
 dure it: Large bodies haue greater vessels, than
 they, whiche be litell. leane men haue moze blod,
 corpozate men haue moze fleshe. The tyme of the
 yere must be specially marked. foꝝ in the begyn-
 ning of sprynge tyme is the best lettynge of blood,

Act. II. 3

Cor. Cel.
sus li. 3.

THE THYRDE

Oriba. su.
Arnoldus
de uilla
noua de
flobothos
mia.
Io. Dama
scenus in
arte med.

as Dyballus sayth, and so dothe continue, after the opinion of Arnoldo, vnto the eighte calendes of June. Aetius affirmeth, that in wynter, or in a colde countrey, or where the person is of a very colde nature, the waynes shulde not be opened. And Damascene saythe, They whiche in yowthe haue vsed to be moch let bloud, after they be thye scoze yeres olde, their nature wareth colde, and naturall heate is in them suffocate, speciall ye if they were of a colde complexion. but that is to be vnderstande, where they that are in helth, are often let bloud. For in the lapse from helthe, and in dyuers diseases, wherin the bloude is corrupted, or where it ingedgeth impostumes, or resorteth to any place, where it ought not to be, or passeth by any other cundyte, than nature hath ordeyned, or where it is furious or inflamed, or by any other meanes bysseth greuous diseases, in all these cases, it ought to be practised, ye sometyme in aged persons, women with childe, and yong infantes. For in extreme necessitie it were better experience some remedy, than to do nothyng. All other thinges concernynge this matter, pertain to the part curatiue, whiche treateth of healynge of syknes, wherof I wyl not now speake, but remytte the reders to the connsaple of discrete phisitions.

Of scarifyeng callyd boxyng or cuppyng. Cap. vii.

Galenus.

FOr as moche as it is not conuenient, to be let bloud oftentymes in the yere, bicause moch of the

the bytall spirite, passeth forth with the bloudd, whiche being exhaust, the body wareth colde, and natural operations becom the moze feble. ¶ These foze do counsaile (sayth Galen) that the base partes of the body, as the legges, be scarified, which is the moste sure remedy, as well in conseruynge helthe, as in repayynge therof, beinge decayed. For it cureth the eyen being annoyed with longe dysillations. It profiteth also to the heed, and ouer parte of the body against sondry diseases. In what member the blood is gathered, the body being fyrst purged by scarification, the greife maye be cured. Also Oribasius affirmeth the same, and also addeth therto, that it helpeth squynances, or quinces in the throte, and dissolueth the constrictions or stoppings made of al places, if the places be scarified: not withstanding application of boxes about the stomake, in hot feuers, where reason is troubled, as to be eschewed, for feare of suffocation. Lyke wise put to the heed vndiscretely, it hurteth both the heed and the eyes. The late authors do affirme, that scarification is in the stede of lettynge bloudd, where for age, debilitie, or tyme of the pere, or other lyke consyderation, a manne may not susteyn blood lettynge, and it byngethe forth the thyn blod, which is next to the skynne.

Oribasius
in medici
ne com
pendio,

Actius.

Of blood suckers or leaches. Cap viii.

There is also an other fourme of euacuation by woymes, founde in waters called bloude suckers

¶ iii

suckers

THE THYRDE

suckers, or leaches, which being put vnto the body or member, doo drawe out bloudde. And their drawing is moze conuenient for fulnesse of blood thanne scarifieng is, for as moche as they fetch the bloude moze deper, and is moze of the substance of bloude. yet the opinion of somme men is, that they do drawe no bloudde but that, which is corrupted, and not proportionable vnto our body. And therfore in griefes, whiche happen betwene the lymme and the fleshe of bloudde corrupted, these are moze conuenient than scarifieng. But before that they be put vnto any part of the body they must be fyrst kept all one day before, giuing vnto them a lyttell bloude in freshe fleshe. And than put them in a cleane water, somewhat warme, and with a sponge wype away the slyme, which is about them, and than lay a lyttell bloud on the place greued, and put them than to it, and lay on theym a sponge, that whan they be fulle, they may falle away, or if ye wyll sooner haue theym of, putte a hoyle heate bytwene theyr mouthes, and the place, and drawe theym away, or putte to their mouthes salte or asshes, or vyneger, and forthewith they shall falle, and than washe the place with a sponge, and yf there doo ysseue moche bloudde, laye on the place the poulder of a sponge, and pytche bourned, or linnen clothe bourned, or galles bourned, or the herbe callyd Bursa pastoris brysted. And this suffyleth concerning blood suckers.

Oribasius
in medici
ne roms
pendio,

Of hemoroides or pyles. Cap.ix.

Hemoroides be haynes in the foundement, of whom do happen sondy passions. sometyne swellng, without bledynge, sometyne superfluous bloud by the puissance of nature, is by them expelled, and than be they very conuenient, for by them a man shall escape many great syknesses, whiche be ingendred of corrupted bloud, or of melancoly. Semblably, if they be hastilye stopped frome the course, whiche they haue bene bled to, therby do increase the sayd syknesses, whiche by them were expelled, as dyspsies, cōsumptions, madnes, fransies, and diuers diseases of the heed, and other syknesses, palenes of the bylage, grieve in the raines of the backe, and thies. And if they flow to moch, there insueth feblenes, leannes of the body, alteration of colour, great paines in the lower partes of the bodye. And if the fluxe be vnmoderate, it ingendreth mpscheuous diseases. wherfoze it wolde be diligently taken hede, that they runne in mesure, or els to vse some thinges moderately, whiche may restrayn them.

Concernyng other euacuatiōs, I do purpose-ly omytte to wyte of theym in this place, for as moche as in this realme, it hath bene accompted not honest, to declare them in the bulgar tongue, but onely secretely.

Of affectes of the mynde. Cap.x.

The last of thinges callid not naturall, is not the least parte to be consydered, the whyche is of

THE THYRDE

is of affectes and passions of the mynde. For yf they be immoderate, they do not onely annoy the body, & shorten the lyfe, but also they do appaie, and sometime lose utterly a mans estimation. And that moche moze is, they brynge a man from the vse of reason, and sometyme in the displeasure of almighty god. wherfoze they do not only require the helpe of phisike corporall, but also the counsell of a man wyse and well lerned in morall philosophy. wherfoze after that I haue recyted, what they be, I wyll bryefely declare suche counsyles, as I haue gathered. And as concernynge remedies of phisike sauynge a few symples, which do comfort the harte & spirites, the residue I wyl remytte to the counsaile of phisitions, lyke as I haue done in euacuation. Affectes of the mynde, wherby the body is annoyed, and do bring in sickness, be these, yre oꝝ wrath, heuynes oꝝ sorrow, gladnes, oꝝ reioycynge.

Of Ire. Cap. xi.

Ire is kindlyd in the harte, inordinately chaufyng the spirites there, and than is sent forth into the members, and doth superfluously heate them, and disturberth reason, where the bodies be hotte afoze. where naturall heate is feeble, the heate may nat be dispersed vnto the extreme partes, and than dothe the extreme members, that is to say, whiche are farre from the harte, remayne colde, and tremblynge. Of this affection cometh
some

Sometyme feuers, sometime apoplexies, or p^ru-
ation of senses, trembling, p^ralyses, madness, fran-
ties, deformitie of visage, and that warle is, out-
ragious swearynge, blasphemy, desyre of venge-
ance, losse of charitie, amitie, credence, also forget-
fulnes of benefite p^recedynge, and of obedience,
duetie, and reuerence. There also do succede con-
tencion, chargeable suite, vnquietnes of mynde,
lacke of appetite, lacke of slepe, feeble digestion,
scozne, disdayne, and hatredte of other, with peryl
of losynge of all good reputation. These incom-
modities of Ire, perfittely had in remembrance,
& at the fyrst motion therof one of them thought
on, may happen to bynge in his felowes, & ther-
by the flame may be quenched. or let hym that is
angry, euen at the fyrst consider one of these thin-
ges, that lyke as he is a man, so is also the other,
with whom he is angry, and therefore it is as le-
full for the other to be angry, as vnto hym, and if
he so be, than shal that anger be to hym displea-
sant, and steepe hym moze to be angry. Wherby it
appeteth, that Ire is to hym lothsome. If the o-
ther be patient, than let hym abhorre that thinge
in hym selfe, the lacke whereof, in the other con-
tenteth hym, and allwageth his malice. Moze o-
uer, let hym before, that occasion of Ire doth hap-
pen, accustom hym selfe to beholde, and marke
well them that be angry, with the successe of that
anger, & ruminare it in his mynde, a good space
after. And in that tyme, let hym remember, how
Christe, the sonne of God and God, who (as he
R hym

THE THYRDE

hym selfe sayd) mought haue had of God his father, if he wolde haue asked them, legions of angels to haue defended hym, ye with lasse than a wycke, mought haue slayne all his aduersaries, yet he not withstanding rebuked, scoined, falsely accused, plucked hyther & thither, stryped, bounden with halters, whyped, spytte on, buffeted, crowned with sharpe thorne, laded with a heuie piece of tymber, his owne proper torment, halpyd, & dxiuen forth lyke a calfe to the slaughter house, estones beaten and ouerthrowen, tetched forth with ropes, armes and legges layd on the crosse, and therunto with long yron nailles throughe the handes and fete nailed, with many strokes of hammers, with many prickynge, oꝛ euer the nayles mought perce by his tender & most blessed fleshe, and synewes, quyte throughe the harde tymber, vp to the heedes of the nayles, and all this being done foꝛ the offence of mankynd, and not his, yet with the men, whiche dyd it, his mooste unkynde countrey men, his most unnaturall kynnesmen, whom he fyrste made of nothyng, preserued by myracles, deliuered from perilles, and cured of dyseases, in all his veration and trouble, he was neuer sene oꝛ percepued angry. If one wyll saye, that Anger is naturall, lette hym also consyder, that in Christis manhoode were all naturall powers. If he wyll saye, that Ire is token of courage, and in Christe it lacked not, whom both angels and deuyls trembled and feared. The premisses often reuolued, and boꝛne in the mynde, I
wyll

wyll not say, shall utterly extingue all motions of
 wraeth, whiche is not possible, but it shall, whan it
 kyndleth lyghtly represse it, and lette that it shall
 not growe into flame. And in speakynge here of
 wrathe, I do not meane that, which good menne
 haue agaynst vices: oꝝ wylle and discrete gouer-
 nours, and maisters, ageinste the defautes oꝝ ne-
 gligences of their subiectes oꝝ seruantes, bled
 in rebukynge them, oꝝ moderatelly punysheynge
 them. For that is not properly wra, but rather to
 be callyd displeasure, and is that wherof god spe-
 keth, by his prophete Dauid, sayenge, Be you
 angry, and do not synne. And that maner of an-
 ger, hath ben in dyuers holy men, prophetes, and
 other. And it appered in Christe, whan he dꝛaue
 oute them, whiche made their markette, in the
 holy temple of god, where there oughte to be no-
 thyng but prayer. And in lyke wylle whan he re-
 buked the hypocrites. But yf none of these thin-
 ges may come so shortly to his remembraunce,
 that is moued with anger, at the leaste, lette hym
 thynke on the lesson, that Apollodorus the phy-
 losopher, taught to the emperour Octavian, that
 before he speake oꝝ do any thyng in anger, he do
 recite in order, al the letters of the A, B, C, and re-
 moue somwhat out of the place, that he is in, and
 seke occasion to be otherwise occupied. This shall
 for this time suffice, for the remedies of Ire. And
 he that wyl knowe moꝝe of this matter, lette hym
 rede in my warke, callyd the Gouernour, where
 I therof do write moꝝe abundantly.

Psal. 4.
 Genes. 31.
 Exod. 32.
 Leuit. 10.
 Marc. 11.

THE THYRDE

Of dolour or heynesse of mynde.

Capitulo. xii.

e. 17.

Ecclesiast.
ch. 25. 28.

There is nothyng moze enenmye to lyfe, than
sorrowe, callid also heynnes, for it exhausteth
bothe naturall heate and moysture of the bodye,
and dothe extenuate or make the body leane, dul-
leth the wytte, and darkeneth the spirites, letteth
the vse and iudgement of reason, and oppresseth
memoxie. And Salomon sayth, that sorrowe dry-
eth vp the bones. And also, lyke as the mothe in
the garment, and the wourme in the tree, so dothe
heynnes annoye the harte of a man. Also in the
booke callid Ecclesiasticus, Sorrowe hath kyled
many, and in it selfe is founde no commoditie.
Also by heynnes deth is hastened, it hydeth ver-
tue or strengthe, and heynnes of harte boweth
downe the necke. This is so puissant an enemye
to nature and bodily helth, that to resyste the ma-
lyce and violence therof, are required remedies,
as well of the holsome counsailes founde in holy
cripture, and in the bookes of mozaill doctrine, as
also of certayne herbes, frutes, and spyces, ha-
uynge the propriete to expelle melancolpyke hu-
mours, and to comfozt and kepe lyuely the spiri-
tes, whiche haue theyr proper habitation in the
harte of man, and moderate nourishynge of the
naturall heate and humour callid radicall, which
is the base or foundation, wherbyon the lyfe of mā
standeth, and that sayling, lyfe falleth in ruine, &
the body is dissolued. Nowe fyrst I wyll declare
some

some remedies ageynst sozowfulnesse of hart, concerninge necessaary counsaile.

Sometyme this affecte hapneth of Ingratitude, eyther where for benefite, or special loue employed, one recepueth damage, or is abandoned in his necessitie, or is decepued of hym, whom he trusted, or syndeth hym, of whom he hath greate expectation, forgetfull or negligent in his comoditie, or percepueth the persone, whome of longe tyme he hath loued, to be estraunged from him, or to haue one of later acquaintaunce in moze estimation. This affection nryppeth the harte, pe of mozte wyse men, for they loue mozte hartily, not prouoked by carnal affection, but rather by good opinion, ingedged by similitude of honest studies and vertuous maners of longe tyme mutuallpe expericced. And it is not only vnto mā greuous, but also vnto god most displeasent and obdisobedient, as it is abundantly declared in scripture. And herfore the persone, whiche feleth hym selfe touched with this affecte, befoze that it growe into a passion, and wareth a sycknesse, lette hym call to remembrance these articles folowpng, or at the lest ways some of them, for eueryche of theym maye ease hym, though perchaunce they can nat forthe with perfidly cure hym.

¶ Consider, that the corruptiō of mans nature is not so moch declared in any thing, as in ingratitude, whereby a man is made wasle, thā dyuers brute beastes. The lytell ant or emote helpeth vp his felow, whom he seerth ouerthrowen with bur-

*Consider
ageynst in-
gratitude.*

THE THYRDE

Appianus
in varia hi
storia.

deyn, oꝝ by other occasion. Also whan olyphantes
do passe ouer any great water, the gretttest & most
puissant of them diuide them selves, and settinge
the weakest in the myddell, part go befoze, trieng
the depenes and perypis, parte come after, succou-
ryng the weakest oꝝ least, with thair longe noses,
whan they se them in danger. The same beastes
haue ben sene not onely byynge men out of deser-
tes, which haue lost their ways, but also reuenge
the displeasures done to them, the whiche gaue
them meate, as one that slewe him, which had cō-
mytted aduouttie with his maysters wyfe. The
terrible Lyons and Panthers, haue ben seene in
their maner, to render thanks to their benefac-
tours, yē and to obiecte their owne bodyes and
lyues foꝝ their defence. The same we may daylye
beholde in our owne dogges. Chā in whom thou
syndest the detestable vyce of Ingratitude, repu-
tyng hym amonge the worst sorte of creatures,
thinke not that thou haste lost a frende, but think
that thou arte deliuered from a monster of na-
ture, that deuoured thy loue, & that thou art now
at libertie, and hast won experiance to chese the a
better. But if this may not suffise, than estiones
conspyder, that if thou loke well on thy selfe per-
chance thou mayst fynde the faute, wherof thou
complaynest, within thyn owne bosome. Calle to
thy remembrance, if thou hast alway rendyed by-
to euery man condigne thanks oꝝ benefytte, of
whom thou hast kyndnes receiued, oꝝ if thou hast
alway remembred, euery one of them, that haue
done

Seneca, de
benefi. 7.

doone to the any commoditie or pleasure. Thou shalt well perceyue, that what thyng thou receyuedst in childhode, thou forgattest or diddest litel esteeme, whan thou camist to the state of a mā. And what thou dyddest remember in youthe, in age thou dyddest littell thynke on: thy nouryces pappe, her rockynges, her watchynges, thou hast not alway remembred, or equally recompensed.

Thy schole maysters study, his labour, his diligence, in a like degre, thou hast not requited. What greter frēdes hast thou had, of whom thou couldest receyue any gretter benefites, than thy nortshyng and p̄seryng of thy lyfe, in thy most feblenes, or thyn erudicion, wherby thy nature was made moze excellent. Remembryng this, leaue to be angry or sorrowfull for so cōmon a vice, yet if it cesse not to greue the, cōferre the ingratitude that doth bere the, with that ingratitude, whiche was shewed by the Israelites, whome god chase for his owne people, deliuered from seruage, shewed for them wōders, p̄seryed them forty yeres in desert, destroyed for them kynges, gaue to them the countrey, whiche flowed mylke and hony, defended them ageynst all outwarde hostilitie, sente vnto them such abundance of ryches, that spluer was in Hierusalē, as stones in the strete, had his tabernacle, and afterwarde his moste holye temple amonge them, which he dyd dayly vpsit with his diuine maiestie, made their kynges to reigne gloriously, and spake with their prophetes samplartye, and corrected theyr ertours mooste gen-

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gentilly : and yet for all this, they embracing the
papyms idolatrie, they left so gracious and lo-
uynge a lord, and luyng god, and to his greatte
despite, gaue diuine honours, to calues of brasse,
and other monstrous images, and at the laste,
put to moste cruell dethe, the onely sonne of god,
that had done so moche for them.

And if we christen men, do loke well on our sel-
ues, reuolupnge the incomparable benefite, whi-
che we haue recepued by Christis passion, and co-
sider the circumstance of his moste excellent pa-
cience, and moste feruent loue towarde vs, with
our forgetfulnesse, and the dayly breache of oure
promyse, whiche we made at our baptisme, con-
ferryng our mutuall vnkynndnes therunto, there
shall appere none ingratitude that shulde offend
vs. fynally for a conclusion, beholde well about
the, and thou shalt al day fynde the chylderne in-
grate to their parentes, and wyues to their hus-
bandes. And wylte thou loke that thy benefite or
bayne expectation, shuld make the moze fre from
ingratitude of thy frende, whome chaunce hath
sent the, than nature maye the parentes towarde
their chyldre, or the coniunction of bodys by lesull
marriage, take vnkynndenesse from the wyues to-
ward their husbands. This vice therfore of In-
gratitude, beinge so common a chance, make no
worldly frendshipp so precious, that lyfe or helthe
therfore shulde be spent or consumed. I haue ben
the lengar in this place, bycause I haue hadde in
this grieve sufficient experience.

If death of chylderne be cause of thy heuynesse, call to thy remembrance some chylderne (of whome there is no lyttell number) whose lyues either for vncorrigible vices, or infortunate chaunces, haue ben more greuous vnto their parentes, than the death of thy chyldren, oughte to be vnto the: consydering that death is the discharger of all griefes and mysertes, and to them that dye well, the first entrie into lyfe euerlastyng.

Death of
chylderne.

The losse of goodes or authoritie doo greue none but fooles, which do not marke diligently, that lyke as neyther the one nor the other doth alway happen to them that are worthy, so we haue in dayly experience, that they falle from hym suddenly, who in increasyng or keepyng them leaue much more busye.

Losse of
goodes.

Oftentymes the repulse frome promotion is cause of discomfort. but than consyder, whether in the opinion of good men, thou art demed worthy to haue suche aduancement, or in thyn owne expectation and fantasie. If good men so iudge the, thanke thou god of that felicitie, and laughe at the blyndnesse of them, that soo haue refused the. If it procede of thyn owne folpe, abhorre all arrogance, and inforce thy self to be aduanced in mens estimation, before thou canst fynde thy self worthy in thy proper opinion.

Losse of
promotion.

All other chaunces of fortune, esteeme as nothing, & that longe before they do happen. The ofte recordeyng of myserie, prepareth the mynde to fele lesse aduersite. And the cōtempt of fortune

Chaunces
of fortune

is

sure

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is sure quietnesse and moſte perſite felicitie.

This now ſhall ſuffiſe concernyng remedies of moꝛall philoſophie. Nowe wyll I write ſomewhat touchyng the counſaile of philoſophe, as in relieuyng the bodie, whiche eyther by the ſayd occasions, oꝛ by the humoure of melancolpe is bzought out of temper.

The fyrſte counſaile is, that durynge the tyme of that paſſion, eſcheue to be angry, ſtudyous, oꝛ ſolitarie, and reioyce the with melody, oꝛ els be al way in ſuche company, as beſte may content the.

Auoyde all thynges that be noyous in ſpyghte, ſmellyng and hearyng, and embrace al thyng that is dilectable.

Flee darknes, moche watche, and buſynesse of mynde, moche companieng with women, the uſe of thinges very hotte and drie: often purgatiōs, immoderate exerciſe, thirſt, moche abſtinence, dry wyndes and colde.

Abyſteyne from daply eatyng of moche olde bief oꝛ olde mutton, harde cheſe, hare fleſhe, boozes fleſhe, benyſon, ſaltſpye, colewoꝛtes, beanes, and peason, very courſe breadd, greatte ſpyes of the ſee, as thurlepole, porpyſe, and ſurgeon, & other of lyke natures, wyne redde and thicke, meates beinge very ſalte oꝛ ſowꝛe, olde, burned, oꝛ fried, garlyke, onyons, and lekes.

Uſe meates, whiche are temperately hotte, and therewith ſomewhat moyſte, boyled rather than roſted, lyght of digeſtion, and ingendryng bloud clere and ſpyne. As mylke hotte frome the vdder,

oz at the lest newe mylke, euen chese, swete al-
mondes, the pelkes of rete egges, lyttell byrdes
of the busshes, chyckens, and hennes. wyne
whyte oz clarette, cleere oz fragraunte. Swete
sauours in wynter hotte, in sommer colde, in the
meane tyme temperate.

Confortatiues of the
Hart hotte.

Borage, the floure
oz leafe.
Buglosse.
Baulme mynte.
Elycampane.
Cloues.
Cardamomum.
Rosemarye.
Lignum aloes.
Muske.
Ambergisse.
Saffron.
The bone of the harte
of a redde bere.
Myntes.
The rynde of Cytron.
Been.
Cububes.
Basphe.

Confortatiues of the
Harte colde.

Violettes.
Berles.
Cozaille.
The vnicoines horne.
Olde appulles whiche
be good.
Roses.
Saunders.
The olyphantes tothe.
Water lylles.
Coxander prepared.

Confortatiues tem-
perate.

Ciacincte.
Saphire.
Emerauldes.
Myrabolanes, callyd
kebuli.
Buglosse.
Golde, spluer.

THE THYRDE

Of Ioye.

IOye or gladnesse of harte dothe pꝛolonge the
lyfe, it fattereth the body that is leane with trou-
bles, bynngynge the humours to an equall tem-
perance, and dꝛawynge naturall heate outwarde.
But if it be sodayne and feruente, it oftentymes
fleeth, for as moche as it dꝛaweth to sodeynly and
excessiue naturall heate outward. And therfore
dyuers men and women haue ben sene to falle in
a sounde, whan they haue sodeynly beholden the
persones, whom they feruently loued.

Tl. Lilius

As a woman in Rome, herynge spꝛste, that her
sonne was slayne in battayle. After whan he cam
to her, she seinge hym alpye, imbracynge eche o-
ther, she dyed in his armes. This well consydered
ageynst suche inordinate gladnes, the beste pꝛe-
seruatiue is to remember, that the extreme partes
of mundayne ioye is sorowe and heynesse: And
that nothing of this world, may so moche reioyce
vs: but occalton maye cause it to be displeasante
vnto vs.

¶ The domynion of sondry complexions.

Capitulo. xiii.

It semeth to me not inconuenient, that I doo
declare as well the counsailes of ancient and
approued authoꝛs, as also myne owne oppynion
gathered by diligent marking in daily experyence,
concernynge as well the necessary diete of euery
complexion, age, and declination of helth, as also
the meane to resyste dyscrasies of the body, before
spꝛekynesse

spkenes be therein confirmed, leaupnge the residue vnto the substantiall learning and circumspect practise of good phisitions, whiche shal the moze easily cure the patientes, if their patientes do not disdayne to beare away and folowe my counsell.

And fyrst it ought to be considred, that none of the foure complexion, haue sooly suche domination in one man or womans body, that no parte of any other complexion is therewith mixt. For whā we call a man sanguine, colerike, fleumatrike, or melancolye, we do not meane, that he hath blood only without any of the other humours, or coler without blood, or fleume without bloude or melancoly, or melancoly without blod or coler. And therfoze the man, whych is sanguyne, the moze that he dyaweth into age, wherby naturall moisture decayeth, the moze is he colerike, by reasone that heate, surmountynge moisture, nedes must remayne heate and drythe. semblably the colerike man, the moze that he waxeth into aege, the moze naturall heate in hym is abated, and drythe surmountyng naturall moisture, he becometh melancolyke: but some sanguyne man hath in the pporcion of temperatures, a greater mixture with coler, than an other hath. Likewise the colerike or fleumatrike man with the humour of sanguine or melancoly. And therfoze late practisers of phisike are wont to call men, accorpyng to the mixture of their complexion, whiche man receiue in his generation, the humours, wherof the same complexion do consist, beinge augmented

THE THYRDE

superfluously in the body or members by any of the said thinges callid not natural, euery of them do semblably augment the complexion, which is proper vnto hym, and byngeth vnequall temperature vnto the bodye. And so; these causes, the sanguine or fleumatike man or woman, felynge any dyscrasy by cholet hapned to them by the said thynges callyd not naturalle, they shall vse the dyete described hereafter to hym, whych is naturally colerike. Semblably the colerpyke or melancolpyke man or woman, haupng any dyscrasye by fleume, to vse the diete of hym, which is naturally fleumatike, alway remembrynge, that sanguyne and fleumatypcke men haue moze respecte vnto drythe, colerike and melancolpyke vnto moisture, and that alway as the accidētall complexiō decayeth, to resoxt by lyttell and lytel to the diete, pertaynyng to his naturall complexion.

CThe tymes appropried to euerye naturall humour. Capitū. xiiii.

But fyyste it muste be consydered, that where the foure humours, be alway in manne, and in somme man commonly one humoure is moze aboundant than an nother naturally, that is to saye, from his generation. The sayde humours haue also peculpar tymes assygned to euery oone of theym, wherein eche of them is in his most power and force, as after ensueth, after the description of Sojanus.

Soranus
Ephesius.

Fleume

Fleume hath moſte puiſſance in wynter, from the. viii. Idus of Nouember, vnto the. viii. Idus of februarye, whereby are ingendred Catarres oꝝ reumes, the buula, the cough, and the ſpytche. This humour is part in the heed, part in the ſtomake. It hath dominyon from the thyrde houre of nyghte, vntyll the nynthe houre of the ſame nyghte.

Bloodde increaſeth in Spynge tyme, frome the. viii. Idus of februarye, vnto the. viii. Idus of May, whereof are ingendred feuers, and ſweete humours, whiche do ſhortly putriſye, the power of this humour is about the hart, and hath dominion from the. ix. houre of night, vntyll the thirde houre of the moꝝnyng.

Redde choler hath power in ſommer from the. viii. Idus of May, vntyll the. viii. Idus of Auguſt, whereby are ingendred hotte and ſharpe feuers, this humoure is ſpecially in the ſpuer, and hath dominion from the thirde houre of day, vntyll the. ix. houre of the ſame day.

Yelow choler, wherof is ingendred the ſleme of the ſtomake, is nouriſhed in Autumne, whiche begynneth the. viii. Idus of Auguſt, and dureth vnto the. viii. Idus of Nouember, and maketh ſhakyng feuers and ſharpe, the blacke coler than increaſeth, and than foloweth thyſkenneſſe of the bloude in the baynes. Blacke coler oꝝ melancoly moſte raigneweth in the ſplene, and it raigneweth from the nynthe houre of daye, vntyll the thirde houre of nyght.

THE THYRDE

C Peculiar remedies agaynst the distemperance of euerye humour.

Soranus
in arte me-
dendi.

If the distemperance be of bloude, helpe it with thynges colde, sharpe, and drye: for bloudd is moyste, hotte, and swete. If it be of redde coler, geue thynges cold, moyst, and swete, for redde coler is bytter and drye. If it be of black coler, geue thynges hotte moyst and swete, for blacke coler is sharpe and cold. If the disease be of salt fleume, geue thynges swete hot and drye, thus sayth Soranus. Not withstandinge where there is abundance of colde fleume not myrte with coler, there thynges very sharpe and hotte be mooste conuenient, as tarre byneger with hotte cotes and sedes, or wyne stronge and rough, hony being sodden in the one and the other, or where choler is myrte with fleume, syrope acetose made with byneger and sugar boyled, sometyme with herbes, rootes, or sedes, whiche may dissolue fleume & digest it.

C Diete of them, whiche are of sangwyne complexion. Cap. xv.

Foalmothe as in sangurne men bloud mooste caigneth, whiche is soone corrupted, it shal be necessary for them, whiche are of that complexio, to be circumspecte in eatynge meate, that shortly wyle receyue putrification, as the moze parte of frutes, specially not being perfectly ripe, also meates that be of plupce, as fleshe of beastes to old,

oz to ponge, bidders of beastes, byaynes except of capons and chykens, marowe of the backebone, moche vse of onyons, lekes, garlyke, moche vse of olde fygges, moche vse of rauwe herbes, and al chyng, wherin is excelle of hete, colde, oz moisture, meates that be stale, fyshes of the fennes oz muddye waters, and to moche slepe, as experience sheweth.

¶ Dyete of cholerike persons. Cap. xvi.

TO them, which be cholerike, beinge in their naturall temperature, and haupng not from they; yowth vled the contrary, grosse meates moderately taken, be moze couenient, than the meates that be fyne, and better shall they dygeste a piece of good bief, than a chykens legge. Choler of his p;opertie rather burnyng than wel digestyng meates of lyght substance, not withstandinge some gentymen, which be nyrcely brought vp in they; infancy, may not so well susteyne that diet as pooze men, beinge the moze parte vled to grosse meates. wherfoze they; diete muste be in a temperance, as ponge biese, olde beale, mutton, and benyson powdred, ponge geese, and suche lyke, conseruinge their complexion with meates lyke therevnto in qualitie and degree, accordyng to the counsayl of Hipocrates. And as he perceyuethe choler to aboude, so to interlace meates, whiche be cold in a moderate quantite, & to alay their wyne moze oz lasse with water, eschewyng hotte spices, hotte wines, and excessiue labour, wherby

C

the

THE THIRDE

The bodye maye be moche chaufed. Also he maye
 eate oftener in the day, than any other: forselene,
 that there be suche distance betwene his meales,
 as the meate before eaten be fully dygested. whi-
 che in some person is moze, in some lasse, accor-
 dyng to the heate and strength of his stomake, no
 tinge alwaye, that the colerike persone digesteth
 moze meate than his appetite desireth, the melan-
 colyke person despyeth by false appetite moze thā
 his stomake may digest. And to a cholerike per-
 son, it is right dangerous, to vse longe abstinence:
 for choler, fyndyng nothyng in the stomake to
 concocte, it fareth than, as where a lyttell potage
 or milke, beinge in a vessell ouer a great fire, it is
 burned to the vessell, and vsfauery fumes & va-
 pours do issue out thereof. Likewise in a cholerike
 stomake, by abstinence, these inconueniences do
 happen, humours adust, consumpyng of natural
 moysture, fumositie and synkynge vapours,
 ascendyng by to the heed, wherof is ingendred,
 duskyng of the eyes, heed aches, hotte and thyn
 reumes, after euery littel surfete, and many other
 inconueniencs. wherfoze besyde the oppinion of
 best lerned men, in yn own peynful experience al-
 so moueth me, to exhorte them, whiche be of this
 complexion, to eschewe moche abstynence. And
 althoughe they be studious, and vse lyttel exer-
 cise, yet in the mozynge, to eate somewhat in lit-
 tell quantitie, and not to study immediatly, but
 fyrst to spyte a whyle, and after to stand or walke
 softly, whiche byng these two peres, And al-
 so other,

so other, that haue longe knowen me, haue percepued in my body a great alteration, that is to say, from ylle astate to better. Alway remember, that if any other humour do abound in the chole-ryke person, as fleume, or melancoly, than vntill that humour be expelled, the diete muste be corrective of that humour, and therfore moze hot and fine, than the naturall diete befoze reherfed: but yet there wolde be alwaye respecte had to the naturall complexion, some tyme sufferpng the person to eate or drynke that, which nature working, fetuently desireth.

¶ Dyete of fleumatike persones. Cap.xvii.

It is to be remembred, that pure fleume is properly cold and moyste, and lacketh tast. Salte fleume is myrte with choler, and therfore hath not in hym so moche colde nor humiditie, as pure fleume hath: & therfore it requyrez a temperance in thinges hot & dry, wherby fleume is dygested or expelled. To fleumatike persons al meates are noyful, which are very cold, viscus or stymy, fat or sone putrified, eating moch and often, specially meates ingendrynge fleume, whiche be remembred in the table pcedyng. Al thynges be good, whiche are hotte and drye, also meates and drynkes whiche be sowre: onyons also, and garlyke, moderatellye vsed, be very commendable, in pure fleume not myrte with choler, moche vsynge of salt, specially dyed. Pepper grosse beaten and eaten with meate, ought to be with all fleumaticke

THE THIRDE

persons samplar, also gynger is righte conuenient, but not to be so frequently vled as pepper, for as moche as the nature of pepper is, that beinge eaten, it passeth throughe the bodye, heatyng and comforyng the stomake, not entryng into the baynes, or annopenge the lyuer, whiche vertue is not in gynger. Gynger condyte, the whiche we do call grene Gynger, specially candyd with Sugar, if it may be gotten, and also Myrobalaues, called kebuli, condite in India, be most excellent remedies agaynst fleume. also the herbes, whiche are remembred afoze in the table of digestiues of fleume, and the rootes of persely, fenel, pyreos, Elycampane, and carettes be very commendable. Exercise twise in the day, the stomake beinge almost empty, so that sweate begynne to appere, is very expedient, clensing of the body from all filchynesse, with rubbing and wyppynge, oftentimes with washing, specially the heed and pattis therabout, moderate sweatynge in hot bathes or stufes be to this complexion necessary, specially whan they haue eaten or drunken excessiuely. The heed and sete to be kept from cold, & to dwel hygh and far from moyses and marshes, is a rule right necessary, also to absteyne from eatyng herbes and rotes not boyled, and generally from all meates, whiche wyl not be easly dygested.

¶ The diuision of melancoly, and the diete of persons melancolike. Cap. xviii.

Melancolpe is of two sortes, the one is called naturall, whiche is onelye colde and drye,
the

the other is call'd aduste or bourned. Natural melancolpe is as Galene saythe) the resydence of dyegges of the bloud: and therfoze is colder and thycher than the bloude. Melancolp aduste is in foure kyndes, eyther it is of naturall melancolp adust, or of the moze pure parte of the bloudd aduste, or of choler adust, or of salt fleume adust. But of all other that melancolp is warst, whiche is ingendred of choler: fynally all aduste melancolp annoyeth the wytte and iudgement of man. for whan that humour is hette, it maketh menne madde, and whan it is extincte, it maketh menne fooles, forgetfull, and dulle. The natural melancolp kepte in his temperance, profyteth moche to true iugement of the wyt, but yet if it be to thich, it darkeneth the spirites, maketh one timorous, and the wytte dulle. If it be myxt with fleume, it mortifyeth the bloud with to moche colde. wherfoze it may not be so litell, that the bloud and spirites in their feruentnes, be as it were vnbzdyd, wherof do happen vnstableness of wytte & slipper remembraunce: no; yet so moche, that by the weight therof (for it is heuy, appochnge nyghe to the erthe) that we seme to be alwaie in sleape, and nede a spurre to prycke vs forwarde. wherfoze it is ryght expediente, to kepe that humoure as thyn as nature wyll suffer it, and not to haue to moche of it. But nowe to the diete pertaining to them, whom this humo; annoyeth. The knowledge, that melancolp reigbeth, is oftentimes heuyennesse of mynde, or feare without cause, slepy-

Ex Marci
lio sicino.
de vita sano.
na.

THE THYRDE

nesse in the members, many crampes without re-
 plection oꝝ emptynesse, sodapn fury, sodapn incon-
 tinencie of the tongue, moche sollicitude of lyght
 thynges, with palenesse of the bysage, and feate
 full dreames of terrible visyons, dreampnge of
 darkenes, depe pyttes, oꝝ death of frendes oꝝ ac-
 queyntance, and of all thyng that is blacke. The
 meates conuenient are they, which be temperate
 in heate, but specially they that be moost: meates
 soone digested, and they rather boyled thā roasted,
 temperately myxte with spices, mylke hotte from
 the udder, oꝝ late mylked, is very conuenient foꝝ
 that complexion, swete almondes blaunched, and
 almonde mylke, the pelkes of cere egges, and sy-
 nally all thynges, whiche ingender pure bloude,
 and all that is wyten in the chapitre of age. All
 these be yll foꝝ them, wyne thyncke oꝝ troublouse,
 specially redde wyne, meates hard, drie, very salt,
 oꝝ sowye, bourned meate, fried meate, moche bief,
 hares fleſhe, beanes, roket, colewortes, mustard,
 radyshe, garlyke, excepte there be moche wynde
 in the body, foꝝ than is it very holſome, onyons,
 lekes, synally all thynges, whiche heateth to mo-
 che, keleth to moch, oꝝ dyeth to moche, also wyath,
 feare, cōpassion, soꝝow, moche study oꝝ care, mo-
 che ydelnesse oꝝ reſte: all thyng that is greuouse
 to see, to smell, oꝝ to here, but moost specially dark-
 nesſe. Moreover moche dryenge of the body, ey-
 ther with longe watche, oꝝ with moche care and
 toſſyng of the mynde, oꝝ with moche lecherie, oꝝ
 moche eatyng and drynkynge of thynges that
 be hotte

be hotte and drye, or with immoderate euacuation, labour, abstinence, thyrst, going in the aire vntemperately hotte, colde, or drye, all these thinges do anoye them that be greued with any melancolpe. It is to be diligently consydered, that where melancolpe happeneth of choler abuse, there meates, whych be hotte in warkynge, wolde be wyselye tempered, and drynkyng of hofte wyne wolde be eschewed: semblable cautele wolde be in sauoures. Not withstandynge moderate vse of small wyne, clere, and wel berdured, is herein very commendable, the humour therby beinge clarified, and the spirites clenfed, but the abuse or excesse therof doth as moche damage. Alsoo it is ryghte expedient, to putte into wyne or ale, a gadde of syluer or golde, glowyng hotte oute of the fyre, to temper hotte meates with roses, Apolettes, Saunders, Rose water, bourage, Buglosse, baulme callyd in latyne Mellyssa, or the water of all thye drunken with good wyne, whyte, or clarette, or made in a Julep with sugat, is wonderfull holsome, chewyng of lykoyse, or rasons of coraunce is ryght expediente: but mooste of all other thynges, mythe, good companye, gladnesse, moderate exercyse, with moderate feedynge. And thus I leaue to speake of dyetes aptely belongynge to the foure complexions.

The

THE FOVRTH BOKE

What cruditie is, and remedies there-
fore. *Capitulo primo.*



ONCERNYNGE syknes, and
thinges accident therunto, I wil
not treate of in this warke, sa-
uing onely that I wyll somewhat
wryte of two diseases of the bo-
dy, whiche do happen by the ex-
cesse oꝝ lacke of thinges callid not natural, wher-
of I haue spoken befoze. The one is callid cru-
ditie, the other lassitude, whiche althoughe they
be wordes made of latine, haupng none apte en-
gylshe worde therfoze, yet by the definitions and
moze ample declaration of them, they shal be vn-
derstande sufficiently, and from hensfoꝝ the bled
foꝝ engylshe. But fyrste it shall be necessarie, to
consyder, that concoction is an alteration in the
stomacke of meates and drynkes, accoꝝdyng to
their qualities, wherby they are made lyke to the
substance of the body. Cruditie is a vicious con-
coction of thynges receyued, they not being hol-
ly oꝝ perfytely altered. The cause therof is, some-
tyme the distemperature of the stomak, sometime
inflammatyons, sometime matter congeled, oꝝ im-
postumes in the stomake, otherwhile ingurgita-
tion of meate and drynke: oꝝ foꝝ the vicious qua-
lities of the same meates oꝝ drynkes, oꝝ the recey-
uyng therof out of order, oꝝ lacke of exercise, oꝝ
of

of conuenient euacuation. The meane to escape cruditie, is to be diligente in obseruation of the counsels befoze wyrtten, concerning the thinges called not natural, not moche vsyng meates that be very harde to concoct, also fat meate and meates longe kept, also corrupted oꝝ stynkynge, swete frutes, and bankettynges byshes, hasty fedynge without good chewynge, also moche oꝝ very ofte dypnkynge at meales, very moche heate, oꝝ very moche colde after meate. This affecte of cruditie, percepued by somme yll sauoure, rysynge out of the stomacke, the moste speedy remedy is vompte, if that it maye be done without great difficultie: but if it be greuouse vnto the patient, thā let him rest & absteyn al that day oꝝ moze, if that nede be: Afterwarde, with suppositoꝛies oꝝ other light remedies, prouoke hym selfe to the stoole. Aetius wolde, that he shulde dypnke a draughte of colde water, assymynge, that therby the stomacke beinge corroboreate, dypueth out of hym downe into the belye, that whiche cleaueth faste to it. In my selfe vsynge to dypnke fastynge, very small biere oꝝ ale, whan I haue ben in that case, haue found ease by it. Paulus Aegineta wylleth, that at the begynnynge, the legges and armes shoulde be rubbed with a course linnen clothe, the legges downewarde to the fete, the armes to the toppes of the fingers, and whan they be wel chaufed, thā to rubbe them agayne with some oyle, that dothe open the poores, and dysculse the vapours, as oyle of camomyll, oyle of anete, and other lyke.

Aetii. Cere
mon. 9

Paul. Egi.
lib. 1.

THE THYRDE

Galen^o de
tuenda sa
ni. lib. 5.

he prayseth moche Husle, oꝛ the water of hony,
Specially yf some Hlope be hople in it. Galene, &
all other, do agre, that in this case, Pepper bruy-
sed and eaten with meat, is very expedient: And
where there is moche wynde in the stomacke, thā
to eat all tymes of the day of the medycine made
of the thre kyndes of pepper, tyme, anise seede, &
hony clarified, which is called Diatrion pipere-
on, oꝛ that which is called Diapoliticon, oꝛ Di-
apiganon, which is made of cummyne, steeped
one daye and a nyght, oꝛ lenger in tarte vyneger,
and after fayed oꝛ layde on a burning hote stone,
and made in powlder, also pepper, & rewe dyed
somewhat, and made into powlder, all in equall
porcions, and myxt with clarified hony. Galene
addeth therto salte peter, called in latyn Nitrum.
The confection made with the iuyce of quynces,
and is called Diacytonien, is very excellent, but it
is to be diligently noted, that where cruditie is in
a cholerike personne, there wolde the sayde medi-
cines be temperatly bled, and the sayde Diacytoni-
en, to haue lytell oꝛ no spices in it. And for my
part, beyng the space of foure yerres continual-
ly in this cruditie, I neuer founde any thinge to
be compared to fyne Reubarbe, chewed with rap-
sons of cozens, which I toke by the counsaile of
the woꝛthyfull and well lerned phisicion, master
Doctour Augustine, who in his maners decla-
reth the auncient gentrynesse of his blood, which
medicine I do not leaue to vse dayely fastinge,
whan I fele suche cruditie to begynne. Also sy-
rope

rope acetose, that is to saye, sugar sodden in pure
 vyneger, and lytell water, vntyll it be thicke as a
 syrope, is sometyme conuenient, and that as well
 to colerike personnes, as vnto fleumatike: and
 yf fleume be abundant, than with rootes and se-
 des of fenelle and persely sodden with it. Also in
 that case Drymel, that is to say, honny and water
 sodden together, with the sayde rootes and sedes,
 and a quantitie of vyneger put thereto in the boy-
 linge, is very commendable, yf the patient be ve-
 ry collicke, than the medicine of Galene, called
 Hierapicra, frome halfe an ounce to an ounce, ta-
 ken in water of honny or ale, or taken in pyles the
 weyght of a grote and a halfe, or two groles, yf
 the stuffe be good, will pouрге the body sufficien-
 tly, without makynge the body weaker. Also that
 medicine by clensynge the stomake and body, de-
 lyuereth a man and woman, frome many peril-
 ious sykkenesses. If the humours in the stomake
 be not putrified, but that it is greued with aboun-
 dance of salte fleume, I haue founde that mylke
 newe mylked, wherein is put a quantitie of good
 honny or suger, and thre leaues of good speare
 myntes, and a lytell boyled, so beyng drunke
 warme fastinge, the quantitie of a pynte, and re-
 synge on it, without eating or drynking any other
 thinge the space of thre houres after, haue abun-
 dantly pourged and comforted the stomake, but
 where there is no fleume, but onely choler, it is
 not so holsome, but rather hurteth, makynge fu-
 mosities in the heed, wherof commeth heed ache.

THE THYRDE
Of Laſtitude. Capitulo.iii.

Aeti^o. ii. 3.

Galen^o de
tuenda ſa
ni, lib. 5.

Laſtitude is a diſpoſition towarde ſyckneſſe, wherein a man ſeleth a ſoozenelle, a ſwellynge oꝝ an inflammation. Sozenelle hapneth of humours ſharpe and gnawing, as after great exerciſe and labours, whych laſtitude hapneth to them, whoſe bodies are full of ylturce and excrementes. Alſo after cruditie in them, which ar not exerciſed, oꝝ doo abyde longe in the heate of the ſonne. It may alſo be in the body, wherein is good iurce, if he be fatigate with immoderate exerciſe. In them, which do ſele this laſtitude, the ſkinne appereth thicke and rough, & there is felt a greſe ſomtyme in the ſkinne onely, ſomtyme alſo in the fleſhe, as it were of a ſooze. The cure therof, is by moche and pleaſant rubbing, with ſwete oyles, whych haue not the vertue to reſtrayne oꝝ cloſe, and that with many handes, and afterward to exerciſe moderately, and to be bayned in water ſwete and temperate in heate. alſo than muſte be giuen meates of good iurce, potage but ſelde, wyne is not to be forboden. foꝝ vnto wyne, bneſh any thyng may be compared, that ſo well dygeſteth crude humours. it alſo prouoketh ſweatte & vrine, and maketh one to ſlepe ſoudly. but if this laſtitude do abyde the nyght and day ſolowynge, oꝝ waxeth moze and moze, than if the patiente be of good ſtrength and yong, and hath abundance of blonde, let hym be let bloud, oꝝ prouoke the hemoroides oꝝ piles to blede, if they do appere. But
pf it

yl it pꝛotebe of the malyce of any humour, with-
out abundance of blood, than resort to purgatiōs
apꝛe foz the humour that greueſh. The tokens
wherof, ſhall appere as well by the colour of the
ſkynne and diere pꝛecdyng, as by vrine, ozdure,
ſweate, thirſte, and appetite, as it is reherſed be-
foze in the complexions. If the yll bloudbe be ly-
tell in quantitie, and the crude humours aboun-
dant, than ſhal he not be let blood, noꝝ behemēt-
ly pouꝛged, neyther ſhall exercyſe oz moue hym
ſelf, noꝝ be bayned, foz all exerciſe carieth humoꝝ
thꝛoughout al the body, and ſtoppith the powers.
Wherfoze theſe maner of perſons, ſhuld be kept
in reſt, and ſuche meates dꝛynkes and medicynes
ſhuld be gyuen to them, whiche ſhulde attenuate
oz diſſolue the groſſenes of the humoꝝ, without
notable heate, as oꝝmell, barley water, ⁊ mulle,
if the patient abhoꝛe not hony. And foz as moch
as in the ſayde perſonnes, commonly there is a-
bundance of wynde about theiꝛ ſtomackes, theꝛ-
foze pepper, ſpeciallꝛe longe pepper, oz whyte, is
bery conuenient to be vſed, and the medicine be-
foze wꝛiten, callid *Diaſpoliticum*. Whan the humoꝝ
are diſſolued, thā is it good to dꝛinke white wine,
oz ſmall clarette wyne moderately.

¶ *Laſitude extenſiue. Capit. iiii.*

Vhan one thinketh that he doth ſele a ſwel-
lyng oz bollyng of the bodye, where in dede
there doth not appere in ſyght oz touchyng any
U iii ſwel-

THE THYRDE

Swellyng, that is callyd Lassitude extensive, if it hapneth without exercise or vehement mounyng. This doth happen of excessive multitude of humors, which do extende the muscules or syllettes. In this no sorenes is felt, but onely an heupnesse with extension or thrustyng out of the body. And bycause that there is abundance of bloude in the body, best remedy is to be letten bloude about the the elbow or ancle, after to be purged, than to vse softe fricasyes with oyles afoze reherfed, afterward moche rest and temperate bathes, and meates lackyng sharpnes, and beinge abstersive.

¶ Lassitude with the feelynge of inflammation. Capitulo. iiii.

Actus.

If withoute any mounyng, the muscules and fleshe rype by in the bodye, as it swelled with great peynes and excedyng heate, than sone after foloweth most hottest fevers, except it be prevented by letting of blud, and that in abundance, and almost to sowning, but it were moze sure to be let bloud twyse in one daye, the firste tyme withoute sownyng, at the next tyme sownyng is not to be fered. If the greife be in the neck or hed, the bloud must be lette of the bayne called Cephelea, or the Shulder bayne. If it be in the bulke or uppermost part of the body, than must the vaine be cut, whiche is callyd Basilica, or the innermost bayne. If all the body be greued, thā cut the veyn, which is named Mediana, or the myddel vayn. If a feuer
le mayne

remayne after blood letting, than order him with the diete of them that haue feuers, which ye shall fynde wyitten hereafter. If noo feuer remayne, than vse moderate fricasies, and lyttell eatyng, & that of meates haupng good iuyce, increacyng by lyttell and lyttell to the naturall diete.

¶ **D**iete of them that are redy to falle into syckenesse. Capitulo v.

Nowe retourne estelones to speake of diete, it is to be remembred, that they, whiche are redy to fall into diseases, they are prepared therunto, either by repletion of superfluous humours, or els by cruditie or malice of humours, which are in them. As touchyng the fyrst, the generall diete must be suche, as therby the humours may be attenuate, and by conuenient euacuation, brought to a moderate quantitie. As for the seconde must be corrected with meates and drinckes of contrary qualities, haupng alway respecte to the age of the person, tyme of the yere, place of habitation, and most specially the vniuersall complexion, for choler offendynge in an olde manne, in wynter tyme, in a colde countre, or the persone beinge of his natural complexion fleumatike or melancoly, wolde not be so habūdantly expelled or subdued, as if it be in one yong and lusty, in the hot sommer, in the countreys, where the sonne feruently burneth, or the persone of his proper nature is berpe colerike. And in lykwise contrarpe. Wherefore every manne, knowynge his owne naturall com-

THE THYRDE

complexion, with the qualitie of the humour that offendeth, lette hym make temperance his chiefe coke, and remembrynge that whiche I haue before declared, ordeyne to hym selfe suche diete, as may resourne the offence with none or lyttel annoyauce, to his vniuersall complexion. And yf he can so do, he shall happily escape, not only dyuers sykkenesses, but also the mooste pernicious danger, proceeding of corrupted dyowges or spices, wherof som couetous poticaries do make medycynes, maugre the hebes of good and wel lerned phisitions.

*Sickenes mooste commune to particular tymes
of the yere and ages. Cap. vi.*

Although I do not intende to wyte of the cure of egritudes or sykkenesses conspyred, as well bycause it moughte be reputed in me a great presumption, as also forasmuche as it were very peryllous, to dyuulgate that noble science, to commune people, not lerned in lyberall sciences and philosophy, whych be requited to be sufficiently in a phisition. And mozeouer, many boke of Hipocrates and Galene ought to be radde, before that one do take vpon hym the generall cure of mennes bodies: yet not withstanding, I trust I maye without any note of arrogauce wyte, what diseases do most commonly happen in sondry tymes of the yere and ages of men and women, with some significacions, wherby the dys-

crasy

craspe or distemperature of the body is perceived, to the intent that the phisition being farre of, may be truly informed, consydering that brines farre caried, do often deceiue them, and lyke wyse lacke of the syght of the patient, and inquisition of thinges, which do pcedede or folowe the syknes. And with this I trust none honest and charitable phisition wylle be offended, but rather gyue to me thanks for my diligence, in the aduauuncyng of their estimation, whiche by lacke of perspyte instruction hath ben appaired.

¶ Sykenesses of Springe tyme.

Diseases procedynge of melancolpe, as madnesse, fallynge syknesse, bleedynge, quynses, poses, hooisenes, coughes, lepries, scabbes, ache in the toyntes.

¶ Sykenesses of Sommer.

Many of the sayde diseases also feuers continual, hot feuers, feuers tertiane, quartayns, dormytes, flyres, watrynge of eyes, peynes of the eares, blysters & sores of the mouth & swattnynges.

¶ Sykenesses of Autumne.

Dyuers of somer syknesse, also oppilations of the splene, dropies, consumptions, strangulacions, costpuenesse, ache in the huckle bones, shortnesse of wynde, frettyng of the bowelles, falling syknes, and melancolpe diseases.

¶ Sykenesses of wynter.

Stytches and grefes in the sydes, inflammation
 of the

THE F O V R T H E

of the lunges, reumes, coughes, paynes in the
brest, sydes, and loynes, heed ache, and palseyes.

Syckenesses happenynge to chyldezen.

Cwhan they be newe bozne, there do happen to
them sores of the mouth called Aphte, vomiting,
coughes, watchinge, fearefulnesse, inflammatiōs
of the nauell, moysture of the eares.

whan they bzyede tethe, ytchinge of the gum-
mes, feuers, crampes, and laskes.

whan they wate elder, than be they greued
with kernelles, opennesse of the mould of y heed,
shoytnesse of wynde, the stone of the bladder, wo-
mes of the bealy, wartes, swellynge under the
chynne, and in Englande cōmonly purpplis, mea-
sels, and small pockes.

**Syckenesse happening to yong men
frome. xiiii. yeres of age.**

Cfeuers cotidiane, tercpane, quarteyne, hotte
feuers, spittinge oꝝ vompytinge of bloude, pleure-
lies, diseases of the sydes, inflammation of the
lunges, lethargies, franly, hote syckenesses, cho-
lerik passions, costiuenes oꝝ vehement laskes.

C Syckenesses of age.

CDifficultie of bzeath, reumes with coughes,
strangulypōn, and difficultie in pissinge, ache in
the loyntes, diseases of the raynes, stowmmynges
in the heed, palseyes, ytchinge of all the bodye,
lacke of slepe, moysture in the eyes and eares, dul-
nelle

nesse of sight, hardnesse of hearynge, tliknesse of
thoynesse of bzyeth.

Although many of the sayd syknesse do hap
pen in euery tyme and age: yet because they be
most frequent in the sayde tymes & ages, I haue
writte the, to thintet, & in the ages & tymes most
inclyned vnto the, such thyges mought be the el-
cheued, which are apt to ingedye & sayd dysleales.

The generall significacions and tokens
of syknes. Cap. vii.

Yf the body be hoter, colder, moyster, dryer,
leaner, fuller, the colour moze pale, or swart,
the eyes moze holowe, than is accustomed to be,
it signifieth that the body is disposed to sicknes,
or alcedy sycke.

Rauynge.

Forgetfulnesse.

Fantasie.

The bzyne sicke. Humours commynge from &
rouse of the mowthe, the eyes,
the nose, or the eares.

Wache.

Slepe.

Difficultie of breathe.

Tremblynge of the hert.

Beatynge of the pulse.

The harte sycke.

Feuers.

Colde.

Diuersitie of colours.

Griefe about the hert.

F ii

Lacke

THE FOU R T H E

Lacke oꝝ aboundaunce of hu
mours.
The forme of þ body altered.
Palenesse.
Concoction.
Digestion.
Alteration of excrementes ac
customed.
Peyne in the place of þ lyuer.
Swellinge.
Difficultie of bꝛeth.

Concoction, slowe oꝝ quicke.
Appetite of moyst oꝝ drye, dul
oꝝ quicke.
Separacion of excrementes
moyst oꝝ herde with their co-
lours.
The stomake sick.
Vomitinge.
Belching.
Vometyng with peyne and
difficultie of bꝛeth.
Urine moch oꝝ lytell with the
colour and substance, to red
oꝝ to pale, to thicke oꝝ to thyn.

Difficultie of bꝛeath.
Cough.
Spittinge.
Peyne in the bꝛest.

¶ This haue I written, not to gyue iudgement
ther.

therby, but onely for the pacient to haue in a redynesse, to thintent that what so euer he feleth or percepueth in euery of the sayde thinges, therof to instructe his phisition, wherunto he mape adapt his counsaile and remedies.

¶ Of vrynes. Cap. viii.

Foꝛasmoch as now a dayes the most common iudgement in spckenesse is by vrynes, whiche beyng farre caried or moche meued, or standing longe after that it is made, the fourme therof is so altered, that the phisition shall not perfectly perceue the natural colour, nor contentes, although it be neuer so well chaufed at the fyre, as Actuarius and other great lerned men do affirme. I wil therfoꝛe somewhat speake of vrynes, not so moch as a phisition knoweth, but as moche as is necessary to euery man, for to perceue the place and cause of his grieve, wherby he mape the better instructe the Phisition.

¶ First in brine, foure thinges are to be considered, that is to saye, the substance, the colour, the regions or partes of the vryne, and the contentes or thinges therein conteyned.

Also foꝛasmoch as in the body of man be foure qualittes, heate, colde, moysture, and dryth, two of them, heate and cold, are causes of the colour, dryth and moysture are causes of the substance.

Moreover in brine, beyng in a vessell apt therunto to be sene, are thye regions. The lowest regio

THE FORTHE

in the bottome of the byrnall, contempnyng the space of two fyngeters oꝝ lytell moze. The myddel region, from whens the lowest ended vnto the cerkle. The hyghest region is the cerkle.

The hyghnesse of the colour signifieth heate, the pale, blacke, oꝝ grene, signifieth colde.

Also the grossenes oꝝ thickenesse of the byrne signifieth moysture, the clerenes oꝝ thynnes, signifieth drythe.

The colours of Vrynes.

| | |
|----------------------------------|-------------|
| C Colour of bygght golde. | Defyete di- |
| Colour of gyfte. | gestion. |

| | |
|------------------------------|--------------------------|
| Red as a red apple oꝝ chery. | Excesse of dygestion. |
| Base redde, lyke to bole ar- | |
| menake, oꝝ saffron dy- | |
| Redde glowynge lyke fyre. | |

| | |
|----------------------------|------------------------|
| Colour of a beastes lyuer. | Abusion of humours, |
| Colour of darke red wine. | |
| Grene lyke to colewoytes. | |

| | |
|------------------|---|
| Leadde colour. | Feblenes oꝝ mortification of nature, excepte it be in purging of melancoly. |
| Blacke as ynke. | |
| Blacke as hoyme. | |

| | |
|---------------------------|--------------------------|
| Whyte clere as water. | Lacke of di- gestion. |
| Gray as a hoyme. | |
| Whyte as whay. | |
| Colour of a camels heare. | |

Dale

Pale lyke to brothe The begynnynge
of fleshe sodden. of digestion.

Citrine colour oꝝ pelowe, The myddell of
Subcitrine oꝝ paler. dygestion.

Whete and thynne betokeneth melancolpe to
haue dominyon.

Whete and thypke, spgnifieth fleume.

Redde and thypke betokeneth sanguine.

Redde and thynne betokenethe choler to haue
the souerapntie.

The substance of the vrine. Cap. ix.

A the first pissyng, all brines well nigh do
appere thyn, as long as they abide warme.
foꝝ natural heate, duryng the tyme that it preuaileth,
suffreth not that the lycour, which is the substance
of the vrine, to congele oꝝ be thypke foꝝ any
occasion: but after that heate is gone, some brines
shortly, some a longer time after, waxe thick,
lyke wise sometime, some at pissed thicker, and af-
ter waxe clere, some remayne styll as they were
made, some be metely thypke, as they were trou-
bled, some very thick and grosse. They that waxe
clere, some do gather that, which is thicke into the
bottome of the vrial, some remayn troubled, the
grossenes not withstandyng gathered in the bot-
tome. Semblably the diuersitie of thyn oꝝ subtyl
brines, must be perceiued, that is to say, that som
are very subtyll as water. some lasse subtyl, some
in a meane betwene thypke and thynne.

Of

THE FOU RTH E

Of thynges conteyned in the brine, some doo disceude downe to the bottome, and be callyd in a greke worde *Hypostasis*, in englyshe some calle it the groundes, some the residence, whiche if it be whyte, lyght, risynge vp from the bottome of the brinall, lyke a peate, it sygnifieth helth, if it be of any other fygure or colour, it betokeneth some annoyance. If lyke thynges be sene in the myddell of the brynall, they be called sublations, if they appoche vnto the hyghest region of the bryne, they be named cloudes, in latin *Nebule*. The groundes or residences not perfite, some is lyke lyttelle redde betches, and is callyd in latyn *Orobes*, some is lyke to byanne of wheat grounde, and seuered from the meale, and is callid byanny residence, in latyn *Furfura*, some be lyke vnto plates, haupnge byedth and length without thicknes, and may be named platy residence, in latyne *Laminae*. Some is lyke to meale, wheate, or barley, and may be named mealy residence, in latyn *Similacea*.

There is also seene in the brine lyke to whyte heares, some lengar, some shorter. Sometime like to ragges somewhat red. there is also sene in the bypermoste parte of the brine, sometyme a foime or froth, sometime belles or bobles. Sometyme there swymmeth in the brine a thing lyke a copwebbe, otherwhile ther is about the cerkle, as it were the rentynge of clothe, sometyme there is in the brine lyke mores of the sonne, sometyme lyke the matter of a soze, otherwhyle lyke the sede of a man. also grauelle or sande. And in these thynges maye be dyuers

dyuers colours, some whyte, some red, some betwene bothe, some yelow, some grape, and some blacke. All this muste be diligently marked, and therof separatly to aduertise the Physicion, vnto whome I referre the iudgement of the sykkenes, for the cause afoze reherced, and for as moche as the iudgement of them is very subtyll.

Semblably of ordure, whyther it be very thyn or very thicke: what other matter ys sueth out with it, what colour it is of, the sauour very great, ytell or none, yf it were easly expelled, or paynfully, how oft or how seldom.

Moreouer of sweate, what colour it is of, and of what sauour, yf in tastinge it be salt, sowre, bitter, or vnsauery.

Also the vomyte, yf it be of one colour or many, yf it do smell horribly, of what humoure it had most habundaunce, yf it were fasting, or after meales, yf it were paynfull or easy.

Lykwyse spectyfl, whether it be thicke or thin, or mixt with bloude or matter corrupt. Accordingly of the humour issuyng out at the nose, and if that be bloude, than whyther it be red, watry or blacke.

Moreouer, it maye not be forgotten, to aduertise the Physicion of the dyet vled by the patient, aswell afoze the sykkenesse, as in the tyme of the sykkenesse, his age, the strength of his body, his exercyse, and place, where he lengest abode in his pouth, whether it were hye or lowe, watry or dry, hotte or colde.

Y This

THE FOVRTH

This I trust shall be sufficient, to instruct a phisicion, he that despyeth to knowe moze particulaly hereof, let him rede the bookes of Hipocrates Galene, Cornelius Celsus, Actuarius, Paulus, and dyuers other late wytters, for this lytell treatyse maye not receyue it.

The preceptes of the auncient phisicion Diocles
vnto kynge Antigonus.

Cap. x.

VVe will nowe diuide the bodye of man into foure partes, the heed, the boulke, called in latyn *thorax*, which conteyneth the brest, the spydes, the stomake, and entraples. The bely, called in latyn *venter*, conteyneth the panche and the bowels. Also the bladder, called in latyn *vesica*, in the which name is also conteyned the cundytes, by the which brine passeth. Whan any dyslease approacheth to the heed, these tokens do commonly perceyde, swymmyng in the heed, heed ache, heupnes of the browes, soundyng in the eares, pyckynge in the temples, the eyes in the moornyng do water, or ware dynime, the smellyng is dulle, & gummes do swelle. Whan thou felest suche tokens, forthwith pouрге the heed with somwhat, not with behemēt medecines, but takynge Slope or *Organum*, and the croppes of them boyle with whyte or claret wyne halfe a pynte, and therewith gargarise your mouth fastinge, vntyl the fleume be purged oute of youre heed, this is the easpest med-

medicine in distcrasies of the heed. It is also very
hollome to gargarise the mouth and brest with
hony water, wherinto mustarde is put and myn-
gled, but firste the heed must be rubbed with a
warne clothe, that the fleume maye easly come
out of the heed. And yf these tokens be neglected,
these maner of sykkenesses do folowe sone after,
bleared eyes, & humour lettynge y sight, cleftes in
the eares, swellynge in the necke full of matter,
called the kynges eupll, corruption of the bryne,
poces, oꝝ reumes, heuynesse of the hed, and tooth
ache.

whā the boulke is lyke to suffer any sickenes
it is percepued by these tokens, all the body is in
a sweatte, the bulke most specially, the tunge wa-
reth thicke, the spettpill is eyther salt oꝝ bitter, oꝝ
cholericke, the sydes and shoulers do ake with-
out any occasion, the pacient gapeth often, also
there dothe happen moche wakynge, suffocati-
ons oꝝ lacke of bꝛeth, thirst after slepe, the mynd
is vexed with heuynesse, also the brest and armes
are verpe colde, and the handes do tremble.
Against these thinges this remedy may be prou-
ded. After a moderate soupper, assaye to vo-
mite withoute any medycine, vomyte is also pro-
fyttable, whiche meate dothe folowe: He that in
suche wyse will vomite, let him eate hastily small
radyshe rootes, towneris, rokat, synup, oꝝ
purflane, and dꝛynke after it a greate quantitie
of warme water, and prouoke him selfe to vo-
myte. He that setteth lyttell by the sayde to-

THE FORTHE

kens, let hym feare these spcknesses folowing, the pleuresie, the sickenes of the lunges, melancolye or madnes, sharpe feuers, the scanlye, the letargie, inflammation with pexinge.

If any spckenesse be towarde the bealpe, they maye be espyed by these tokens, the bealpe is spylle wrapped together, and in it selfe is troubled, all meates and drynkes do seeme bytter in tast, he feleth heynesse in his knees, a styffenes in his loynes, a wearpnesse in all his body without any occasion, a sleppnesse in his legges, with a lyttel feuer, whan thou feleste these tokens, mollifie the bealpe, not with medicyne, but with good order of diete, for it is best and most sure, to vse those thynges, wherof lyghtly may ensue none annoyance, in the number of them are betes boyled in water of hony, garlike sodden, malowes, sozel, mercury, and al thynges condite in hony. All these do expell the ordure of the bely: but if any of the said signes dothe moze & moze increase, the lyquour, wherein the seede of *Carthamus*, callyd also *Cnicus*, is boyled, is a plesant & sure medicine. smal colewoytes boyled in a good quantitie of water, the licour therof in measure. ii. pintes, sauynge the thurde parte of a pint, with hony & salt being drunke, shal profite much. Cicer, & the pulse callid in latin *ernum*, in englishe I suppose chittes) in water drunk fasting, hath the same effect. To them, which set lyttell by the said tokens, these diseases do sodenly happen, Fluxe of the bealpe, bluddy fluxe, syppernes of the bowels, peines in the guttes, ach in huckle bones
the

the feuer tertiane, the gowte, the apoplexie oꝝ pal-
ley in the lymmes, heinoꝝoides, aking of ioyntes.

Whan the bladder is towarde any sickenes, it
is percepued by these tokens, fulnesse felt after ly-
tell meat, bꝛekyng wynde downe warde and bp-
warde, palenesse of colour in all the body, heuy oꝝ
troublous sleapes, the vrine pale, and passinge
foꝝth pepnefully, swellynge about the coddess &
pꝛiuy members. Whan these tokens appeare, thā
is it expedict to haue remedy of odoꝝiferous thin-
ges, which do expell vrine, whiche shall be done
without any peryll with the rotes of fenell & per-
sely steeped one oꝝ two dayes in good whyte wyne
and to dꝛinke therof fastinge euery moꝝnyng thꝛe
ounces and two dꝛames, with the water of wilde
cayettes, oꝝ elycampane, which of these is next at
hande, euery of them haue lyke effect. Also water,
wherin the peasyn called in latyne Ciceres, are ste-
ped, beyng dꝛunke with wyne, is lyke commodi-
ouse: he that neglecteth the sayde tokens, let him
loke foꝝ these sykkenesses folowynge, the dꝛoply,
the greatnes of the splene, grieve in the lyuer, the
stone, ache of the backe, oꝝ pepnes in the raynes,
the difficultie of vyne, fulnesse of the bely. In all
these thinges that we haue spokē of, we shal geue
to chyldeꝝ most easy medicines, to men thole, whi-
che be stronger in woꝝkynge.

This diete of Diocles, although at this tyme
it semeth not moꝝte pleasaunt, noꝝ accoꝝdinge to
the pꝛactise now vsed, yet beyng tempꝛed with
that, which I haue befoꝝe remembꝛed, some thing
Y. iiii. maye

THE FOWRTH

maye be founde in it, which beyng experienced,
maye be as commodious for the helth of mā's bo-
dy, as that diete, which is moze curpous or plea-
saunt.

Of them in whose stomakes meat is cor-
rupted. Cap. xi.

They in whome custumably meat is corrup-
ted, let them asoze that they eate any meate,
assay to vompte, dypnyng swete wyne, abstepne
frome meat, that ingender botches, inflammati-
ons, fumous ructuations or vapours, and take
suche as nourysh good supce, and chose them out,
which do mollify the bely, & at sondry tymes take
them. It is also good to take temperatly þ which
lowseth the bely, as the medicine called picra, and
to abstepne frome suche thinges, wherby yll supce
is gathered, and do ingender sykkenesses, harde
to be cured or neuer, as goutes, boneache, pep-
nes of the raynes &c.

Of the vertue of meates. Cap. xii.

Oribasius
de medici-
na simpli.

He that is studious aboute the conseruati-
on of healthe, he nederth to knowe the ver-
tue of meates. The meate whiche hath vertue to
extenuate, or make humours subtylle, it openeth
the poores, and bypnyeth forthe that whych is
faste in the fleshe, it maketh that whyche is
clamme, subtylle, and doeth extenuate, or
relente

selent that whiche is fatte, it bringeth forth that whiche abideth longe in the bealy, but that whiche is eaten, is a superfluitie watry and colerike, and at length maketh melancolyke bloud. Wherfore inoche blyng of them is prohibited, specialle to them; that are colerike, and only serueth for them that are replete with fleume, crude or vndigested humours, clammy or fatte. The diete of fattinge thynges, dothe nourishe abundantly, soo that the stomake and lyuer do digest well: meate of good iuyce, maketh good bloude, but yet it stoppeth the lyuer and splene. These do they, whiche make fat humours onely, as the poulse callyd *Lenticula*, and they that are slymy lyke malowes, some do make fat humours, & be also slymy, as fishes with hard shelles. Finally the diete, whiche doth extenuate and make leane, is moze sure for keepng of helth, than that, whiche fatteth moch. Forispyng meates wold be therfore moderately vsed, whan a mā percepueth hym selfe to haue nede therof, it may be most surely vsed of them that be exercised temperately, and can slepe whan they lyst. They that can not slepe by reason of exercise, lette them eschewe fattynge meates, lette none ydelle persone attempte to vse them. In the preservation of helth, sluggardy is the greattest mischief. Like as the temperate mouing is good, so is the meate whiche betwene thycke and thynne, is to mannes helth most conuenient, which ingendyeth bloude, accordyng to the competent constitution of mans body, & therfore is it to be chiefly vsed. Meate of

THE FORTHE

yll tyme is alway noppfull, wherfoze it ought to be eschewed. Likewyse the varietie of meates is to be obserued diligently, fo: it is a great thynge to couple wel together thinges of contrary vertues. fo: if they be not well digested, that whiche is recepued, may bying displeasure.

¶ A diete preservative in the tyme of pe-
silence. Capitulo. xiii.

Marfilus
Scinus.

The bodies most apte to be infected, are specially sanguine, next colerike, than fleumatike laste melancolpke, fo: in them the humour being colde and drie, is most vnapt to recepue putrification, haupng also strapte passages, by the which venim must passe. The diete couenient fo: þ tyme isto abstain fro metes, inflamig & openig þ pores also from the heat of the sonne, fro to moch heate of fire, o: garmentis, from very hot herbes, & moche vse of tart thinges, except onions and cikopp, o: radishe with vineger. fo: they do resist ageinst venim, from wine very fumishe, exercise incontinent after meales, from swetting, from al thingis that wpll cause oppilations & putrification, from thinges hot & moist, where moisture hath the dominion in degree, specially being not sufficiently boiled: also from milke, except it be in a littel quantite, & that with a litel sugar. f rutis & herbes cold & dry, & therewith soure o: somwhat bitter, are not prohibited. If ye eate figges, grapes, o: swete cherries, eate after them of an ozenge with salt. If ye eate thinges cold & moyst, as cucubers, melones, f the

fythe soft and fresshe, oꝝ damspyns, eate by and by
 after some fenell, and oꝝenge with salt, drynkinge
 therwith a draughte of good wyne. Beware of
 murtherons, moch purslane, gourdis, and al other
 thinges, whiche wyllyl sone putrefie: not withstan-
 ding, I wyllyl not forbide eatynge of lettysse, with a
 fewe myntes, oꝝ myxt with cynamom. Al thinges
 solwe ar comended, as wel in diete conseruatiue,
 as in that whiche is curatiue oꝝ healeth, excepte
 where there is straitnesse of the breste, oꝝ weak-
 nes of the stomak, than ought they to be tempred
 with sugar, salt, almond milke, cinamom, pepper,
 fenell, saffron, egges, and some thing that is fatte
 oꝝ vnctuous. Capers ar good to be vsed with vi-
 negret. These very fatte and salt, is not comended,
 no moze is colewortes, oꝝ any kynde of pulse, ex-
 cept chittes: great peason, rapes, noꝝ spynache is
 good. Also there be forboden rokat and mustard,
 moche wyne and egges, except they be eaten with
 sozell sauce, vynegret, oꝝ iuyce of oꝝenges: persely
 and also parsnepes be good. newe wyynes be noꝝ
 full, let the meate be somewhat moze than drinke,
 but yet susteyn not to moch hunger noꝝ thyrst. be-
 ware of lecherie, of a clowdy wether and close, es-
 chewe moche resorte oꝝ thynge of people, wyndes
 comynge from fennes oꝝ mores, from slepe
 at none: vse with your meate this poulder, san-
 ders redde, halfe an ounce, cynamom thre dram-
 mes and a halfe, saffron halfe a dramme. After
 your meate, eate a lyttell of coriander seede, wel-
 prepared. In the moynynge, at a temperate fyre
 Y b kembre

THE FOU RTH

Kembe your heed back ward, clense your body and
 heed of all superfluities: vse also moderate fri-
 casies, with swete perfumes, and odours, washe
 oftentimes your face and handes with pure hy-
 neger myxt with rosewater. In colde wether mixt
 it with myntes, baulme, rue, oꝝ myrtes, and some
 tyme cloues. In hotte sommer with roses oꝝ vio-
 lettes. Aboue all thynges vse to take white wine
 good, white bynegert rosette, water of roses, in e-
 quall porcions, put ther vnto a littell setuale, oꝝ of
 the rinde of a citrou, and dꝛynke therof a lyttell,
 and oftentimes washe therwith your handis and
 bysage. Medicines pꝛeseruatiue ageinst the pe-
 stilēce, which be alway most redy, at these, a figge
 with rue, and a wal nutte eaten fastynge, also tri-
 akle, oꝝ mithꝛidate, to old men a dꝛamme weight,
 to yonge men halfe a dꝛamme, oꝝ a scruple dissol-
 ued in vineger and rose water, oꝝ in water of toꝝ-
 mentill, scabiose, oꝝ balme, if the plage be in som-
 mer: if it be in wynter, putte to the waters some
 white wine. Also the pilles callyd comonly Pillule
 Rasie, but in dede they were inuented by Rufus)
 are very excellent, specially if the aloe, whiche is
 it, be washed, and therevnto added a lyttell Bolus
 armenus, & terra sigillata, And if the person be of hot
 complexion, a quantitie of soꝝell sede, and red co-
 rall, this confectioned with syꝛope of citrons, in
 cold complexions oꝝ to old men with white wine,
 vse them euery thꝛd day one pille at a time, thꝛee
 houres oꝝ foure afoꝛe dīnet oꝝ supper. If ye take
 triakle oꝝ Mithꝛidate, abstepne from meate at the
 least

least syr houres after. A pece of the rote of setual,
bozne in the mouth, p̄serueth from infectiō. In
likewise doth sozell chewed fasting, and the iupce
sucked downe. To pooze menne, Marcellius was
wont to geue a toste of breade steeped in vineger,
with a piece of an onyon or rewe. Al thinges whi
che be cordiall, that is to say, which do in any wise
comfört the hart, do resist pestilēce, vehement an-
ger, or heynesse, be very pernicious. other moze
exquisite and costly p̄seruatiues, I pourposely
passe ouer, which Marcellius, & other phisitions,
do write of abundantly, forasmoch as I desyre to
be in this warke compendious. One thing I had
almost forgotten, that there is no better p̄serua-
tiue, than to fle from the place corrupted, betyme
and farre of, and to let none approche you, that
hath made their abode, where the plague is seruēt.
Moze ouer receiue not into your hous any stuffe;
that commeth out of a house, wherein any persone
hath ben infected. For it hath bene sene, that su-
che stuffe lyeng in a cofer fast shutte by the space
of two peres, after that the coffer hath be opened,
they which haue stande nigh to it, haue ben infec-
ted, & sone after haue died. But here I alway ex-
cept the power of god, which is wonderfull, & also
merciful, aboue māns resōn or counsell, p̄seruing or
strickig whom, whā, & where it shal like his maie-
stie, to whom be glory & praise euerlastig. Amen.

THVS make I an ende of this treatise, de-
syryng them that shal take profite therby, to de-
fende it ageynst enyouse dysdayne, on whom I
haue

THE FOWERTHE

haue set the aduenture, for the loue that I beare
to my countrey: requiringe all honest phisitions
to remember, that the intent of my labour was, for
men and women redinge this worke, and obser-
uinge the counsailes therein, shulde adapte ther-
by their bodyes, to receyue moze sure remedy by
the medicines prepared by good phisitions in da-
ngerous sykenesses, they keepinge good dyet, and
infortuninge diligently the same phisitions, of the
maner of their affectes, passions, and sensible to-
kens. And so shall the noble and most necessarie
science of phisike, with the ministers therof, es-
cape the sclaunder, which they haue of long tyme
susteyned, and accordynge to the precepte of the
wyle man, be worthely honoured, for asmoche as
the hyghest god dyd create the phisition, for mans
necessitie. And of the earth created medicine, and
the wyle man shal not abhorre it. Thus fare ye wel
gentyll readers, and forget me not with your good
repozte, and praye to God that I be neuer wars
occupied.

Londini in ædibus Thomæ Berthe-
leti typis impress.
Cum priuilegio ad imprimen-
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